

INSTRUCTION MANUAL FOR LIVING LIFE



THE SPARK AWAKENS

JEAN-PAUL O'BRIEN

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Dedication

This book is dedicated to all my brothers and sisters around the world who heeded the call to protect and defend those who could not defend themselves from the ancient religious Babylonian cult of baal-communism, tyranny and despotism. To those who sacrificed their all for the safety of the nuclear family, unborn babies, civil society, love of country and our way of life; your nation and its patriotic people honor your sacrifice, even if they know not your name. We are a blood bound fraternity with bonds that cannot be broken by differences of race, color, sex, religion, distance nor time.

Knowledge is intended to be shared with all mankind, not hoarded and kept hidden from the masses by the few self-declared baal-molech-communist worshipping sodomite disciples and sentinels. Awaken from your artificially induced sleep and see through the veil of deception that impedes attainment of your conscious awareness. It is there in front of you. All you need do is to reach out and take what is your natural born birthright. The human body avatar vehicle is your uniform of the day; it does not define or label the immortal spiritual and sentient being within it.

The battle is no longer a physical one, but rather a spiritual and conscious awareness one. Dispose of the artificial emotion of fear created by mankind that permeates the environment around you from your psyche. You are needed now more than ever and you are loved. The grateful citizens of the world await your knowledge, wisdom and strength to help lead them out of their own spiritual and health darkness. Awaken and leave no one behind who is ready to grow and evolve, it is time. In the end, human spiritual emancipation will manifest and set mankind free. The Dreamer will no longer dream the dream, but rather live in it with conscious awareness.

Disclaimer

I am not a doctor. I am not offering medical, financial or other advice to anyone who may read the information contained herein. The information discussed is not meant as a substitute for advice from your physician or other professional and should not be used to diagnose, treat or cure any medical condition. Any concerns about your physical health should be addressed exclusively by your physician or health professional. Many opinions have been made throughout the book and these should not be interpreted as factual medical or financial knowledge or advice. Many observations, commentaries, analysis and conclusions are conducted as a result of research and investigation into the various topics discussed throughout the book.

In no instance shall the information provided or referenced be construed as providing any type of medical examinations, analysis, guidance or treatment regimens of any kind and are not intended to be interpreted as such. The author assumes no responsibility or liability for any actions the reader may take, share with others, misuse or misinterpret and is intended for general information use only. Every effort has been made to ensure that any information presented and discussed is factually accurate, but the author is not liable for any errors in content or meaning that may be interpreted erroneously. The reader is advised to conduct independent research to validate any and all statements and opinions made which were compiled during the research for this book. Trust, but verify.

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Introduction

It is not a simple feat to put forth into the public consciousness some of the many concepts, beliefs, practices and conclusions about how to live life during your physically incarnated three dimensional (3D) experience on planet Earth. It is not an easy task to intricately describe or chronically outline the purpose of living life in detailed or specific terms. However, this basic book may help provide knowledge and information to that end, if you are so inclined to open and expand your conscious awareness with critical thinking skills, personal research, deep introspection and a few leaps of faith.

Do you believe that your incarnate human body avatar manifestation and conscious existence in the here and now is a spontaneous, independent and unrelated event of statistical improbabilities? Do you believe that the consciousness of who you are and what you are capable of experiencing physically, spiritually and emotionally all emanated from the primitive genetic evolution of a single cell or prehistoric salamander? Or maybe perhaps some other extinct creature from the ocean that ultimately evolved into an ape-like creature and subsequently, Homo-Sapien man of present day?

The information contained herein will provide contrasting thoughts to those presented and indoctrinated into the human psyche via false science, false history, false medicine and false knowledge in the corrupted religious, academic, scientific and medical institutions of disinformation and propaganda. These unworthy institutions have mostly been purposely oriented to mislead and deceive the masses about their true history of creation in the world and the real purpose for having the human incarnate experience and existence. Your inability to consciously remember or see through the veil of deception of who you are, and where you emigrated from in the universe

since before your incarnate birth should not infer that your present physical embodiment is merely reflective of your employment profession (e.g. I produce widgets, therefore I am a widget maker and will encompass all things that are widget related). Nothing could be further from the truth.

You were never intended to emulate or mimic any artificially promoted, marketed or socially constructed irrelevant and talentless celebrity influencer . Their only recognized ability is to “act” or role play (deceive others) by masquerading as someone else they are not in real life; in order to convince you to identify with their debt slavery career paths, destructive agendas, perverse lifestyles, immoral beliefs or baal-osiris-molech-communist cult political and religious leanings. These artificially constructed and induced psychological, developmental, conditioning and grooming environments are not considered to be a natural process for you to learn your many intended life lessons or ultimately, purpose for existence. A quote attributed to the famous philosopher Aristotle may help prepare the reader for the content of this book by setting the psychological stage of human consciousness and awareness to assimilate or reject the information presented:

“It is the mark of an educated mind to be able to entertain a thought without accepting it.”

- Aristotle

The purpose for living your life can be very broad in scope and be dramatically different for each individual in many contexts. It is such a mysterious and far reaching philosophical subject that can permanently impact and alter an individual’s belief system for the remainder of their physical incarnation if incorrectly or inadequately understood. However, there is a general theme which all humanity shares and is indeed the common thread of knowledge that weaves through all of us like a fine tapestry. This knowledge will be revealed in the forthcoming chapters to the reader in segments. It must be voluntarily detected and assimilated. It is not intended to be forced upon the reader. Where one individual may detect the

pattern quickly, another may take many chapters to grasp the subtle knowledge about who you are at your core, and why you are in the unknowing predicament you find yourself in presently. Know that it is not your fault, you are worthy, you are loved and you will come out stronger than when you went in, provided you consciously choose free will to do so.

To each person, the knowledge will ultimately be revealed, but not a second before or after the individual is psychologically, emotionally, physically and spiritually prepared to receive said knowledge. Otherwise, it may impede, delay or injure the person's spiritual development and growth. Some minds and spirits are too injured traumatically and emotionally for many different reasons too broad to name here, thus the subconscious mind protects the conscious mind from disclosing the knowledge to the spiritual occupant of the human avatar (you) if they are not yet prepared to receive it. The many different topics of discussion herein may challenge, offend or even threaten a consciously unaware person's educational, social, historical, medical, scientific, religious and spiritual foundations accrued over their lifetime. The question must be asked: why did you respond negatively or positively to the topic discussed? Did it challenge your belief system or reaffirm what you always intuitively sensed to be true in your life? Was it another logical reason or merely raw emotions?

Is the reason for living a human incarnated life intended so that you can experience the many different human emotions like love, hate, happiness, sadness, forgiveness, empathy and the many others that abound in this lifetime opportunity for continued spiritual evolution and development? Are you incarnated in the here and now to experience unfulfilled life lessons from a past life, paying back negative karma or simply continuing to strive and achieve new higher spiritual evolution goals in this lifetime? Perhaps the reason for living life is to learn the many life lessons that mold and shape each of us over eons of time? Perhaps you are on vacation from another time and dimension and decided to incarnate to have a human flesh experience that was previously unknown to you? Perhaps you are here to help save the human race and planet by using

whatever healing or energetic powers you possess and share the knowledge with all of humanity in your particular methodology? Perhaps you are a spiritual warrior, battling the unseen dark forces that presently exist on this plane?

On the other end of the same spectrum of infinite possibilities, perhaps the human race is nothing more than a genetic experiment or a hijacked hybrid slave race that was artificially created by mixing the DNA of an already evolving species like the chimpanzee/ape and splicing with another advanced race's DNA? What purpose would the continuously evolving and refining of the human species physical body serve? Some may say so that more advanced sentient beings who lack a physical body from the 4th dimension and above can enter into a more physical human body avatar, and learn those emotions and experiences that are unique to the human incarnate experience? What better method to spiritually evolve than to attend one of the universe's greatest, in person, schools on spiritual growth? If the immortal sentient being has no physical body, they would need to be assigned and tailored a specific size, color, shape, sex and ethnicity applicable and suitable to achieve its own unique and desired life lessons.

Further out on the possibility spectrum, perhaps the human race has been abandoned after no longer being of any use in a slave labor capacity over thousands of years and left to fend for itself on this planet, consciously unaware that our full brain capacities were dumbed down more than 90% and we were discarded in a planned obsolescence project? Perhaps our human body avatar bioengineer creators and subsequent guardians have never left us, and are merely observing us from a distance, like a patient and concerned parent would watch their infant child (with inherently warlike qualities that like to fight each other to the death when they grow up) from across the room? Who can say really?

Perhaps the truth lies somewhere between the different extremes of human thought, not unlike the fraudulent human deception of the existence of hell. This fearful, artificial psychological concept was created by the commercially

oriented religious institutions of power, corruption and control. Their goal has always been to keep mankind in perpetual fear and emotional submission throughout each new generation's lifespan. The vatican, like the many other centers of religious power do not care for humanity, but rather the human and monetary resources that can be extracted from the pious believers. These commercial institutions that sell access to God are merely snake oil charlatans and peddlers of false religion. Mankind was never intended to bend at the knee in idol and effigy worship of any false gods. The one infinite creator of the universe wants mankind to stand upright on their feet and to consider themselves as equals to their cosmic relatives. Human religious leaders do not desire individual spiritual emancipation of the masses, they would lose their power, thus pontificate the existence of hell.

There are so many different variables, hypothesis, tangents of thought and topics of discussion that can literally fill countless libraries with volumes of knowledge, and they can never fully capture the true reason or purpose for any individual human incarnation. False and revisionist history has plagued and purposely misled humanity about the true origins of man and their intended reason for living since man decided to rule over and control their fellow man. How can we, and will we as a species ultimately discover the truth of mankind's origin and our purpose for living life if the true knowledge is not shared truthfully through the many deceptive and misleading knowledge outlets like false academia, false religion, false science, corrupt governments and other manipulative platforms? The global propaganda platforms must be avoided.

One need only gaze upon the many organized religions that lust for power and money or the higher learning institutions that mold minds into unproductive jellyfish brains of thought. The books "***Everything You Know Is Wrong: Human Origins***" by Lloyd Pye, "***Fingerprints of the Gods***" by Graham Hancock and "***The Custodians***" by Dolores Cannon all provide different insights on the topic of human creation that challenge and dispel some of the many false history, false science and false knowledge teachings of human history.

Looking at the topic of human incarnation from a completely different, vast and broader perspective, is it perhaps the journey of life one experiences along the way, while seeking out the answers to the many life mysteries, is that the lesson? Is it perhaps arriving at the final destination of human life that individual conscious awareness and spiritual evolution is ultimately achieved? Perhaps it is the shared experiences with the other sentient beings that accompany you throughout your human incarnation that make it all a spectacular voyage like no other of living life? Perhaps all of the above, in those few enlightened spirits whom have successfully broken through the veil of deception comprehended that material possessions and other worldly goods are merely stage props in a play; each acting as a catalyst to help the individual grow and evolve into the next phase of their spiritual evolution through the conscious ascension process.

The Egyptians and other great cultures before them like Atlantis, Lemuria and others knew their immortal spirit spark could not be destroyed, and would merely transmute itself from the physical to the light energy body. The spirit spark of consciousness that resided in the human body avatar remains lucid once departed from its previous self, now fully cognizant and aware that this lifetime experience was merely another life lesson incarnation in the school of life. The spirit spark becomes aware of the dream it has just left behind. It will be repeated over and over in the Samsara (Sangsara) until all the intended life lessons are experienced, thus the spirit spark can return back to its higher soul and ultimately, the central sun of the universe (God or the one infinite creator of the universe) where all creation is emanated from.

Historical tidbit: Those who control the past, control the future. Those who control the present, control the past. You've been deceived since before you were born and are still being misled via false and revisionist history, false science, false medicine, false religion, false knowledge and the many different global agendas and population control programs that do not consider your human existence relevant to their goals. You are merely a tolerated nuisance, to be systematically

culled for the benefit, and pleasure of their cults. Ignorance, Superstition and Fear represent the State, Church and the Mob. These are to be destroyed by the baal-communists via their secret societies like the knights templar, freemasons, rose and cross / rosicrucians, brotherhood of the snake, order of the quest and many-many others throughout history. These disciples and their Babylonian religion of human destruction are infiltrated throughout society and governments. One world power under global communism is their final objective. Did you sign up for this experience before you incarnated? Maybe yes, maybe no. What you do after obtaining the hidden and suppressed knowledge will determine if you continue to remain asleep at the wheel of life or emancipate your free will for a better life experience with your loved ones and friends.

In the forthcoming chapters, various different aspects of the human incarnate experience will be discussed in general terms, all the while maintaining focus on the projected lifetime of any human born into this present day physical captivity in a wall-less, high rise city prison environment. Where once mankind was free to pursue the mysteries of life set before them, this majestic experience has been hijacked by a small contingent of our fellow man who have fallen into the realms of negativity and idol worship to enslave those that are not of their negative energy or Babylonian baal-osiris-molech-communist cult.

The reader is requested to withhold gross judgment on any individual chapter until the combined information of all chapters is assimilated. Combined, they project a more complete assessment and ultimately, a more refined conclusion on living a human life in this period of existence. An open minded and enlightened individual may discover many aspects and facets of human existence that were previously suppressed artificially from their psyche. Only minds and spirits open to true knowledge will be able to appreciate their newfound perspectives on life. A consciously aware individual who, through personal research and self-reflection, can discern the reality of their existence in the here and now will be better prepared to make those informed decisions on their life moving forward at that point.

Once knowledge and understanding are obtained, the individual can never be deceived once again to continue living the meager existence that has stymied their spiritual evolution any longer. That individual will have become an emancipated spirit spark, worthy of the knowledge and thus prepared to fully live out the remainder of their life with love, righteousness, forgiveness, empathy and happiness.

The information on the varied topics can help re-ignite that spirit spark of conscious awareness and life that has been purposely snuffed out. It has been kept in the dark since birth, away from the light of the One Infinite Creator of the Universe. You emanated as a photon spirit spark from the body of the almighty creator, thus you are a part of God. All sentient beings share this same bond, thus what you do to others, you basically do to yourself. As a result, the wheel of karma accompanies each individual throughout their incarnated existence. Free will in life determines if the intent is positive or negative energy and karma.

This very short and incomplete book is also intended to be a basic guide to help stimulate and awaken conscious awareness about the human incarnate experience and is not an all encompassing and inflexible manual. What is true today may not hold up in the future to scrutiny and vice versa. It is intended to ignite the spark within you that can never again be extinguished, once lit. The Socratic paradox hybrid quote below is attributed to both Socrates & Plato:

“I know that I know nothing” – Socrates/Plato

Any person who can re-awaken the spirit spark and knowledge of their immortal sentient existence, and recognize their conscious awareness to such a level where the veil of amnesia and deception is no longer capable of suppressing the truth of who and what they really are, that individual will have broken the first link of psychological, emotional, social, economic and spiritual bondage. Their path to spiritual enlightenment and ascension is well ahead of the billions of their fellow man who are still spiritually in a state of comatose animation. Through

true knowledge will come wisdom. Truth is nothing more than the verification of facts, the question is, who's false facts are you willingly believing? Your researched facts which are true or the false facts pushed upon your psyche since birth, directly and indirectly through the many disinformation outlets?

Your truths are a compilation of those many different influences (family, friends, irrelevant social influencers, false religions, predictive programming television marketing propaganda and false knowledge from academic indoctrination) that made you who you are today. They have molded and shaped your mind on how to think, react, believe and respond to any catalyst of their desire. An example is any type of false flag attack on your country will evoke fear initially, then followed by bursts of patriotism and national revenge.

These are all expected emotional responses researched, studied, documented and perfected over a century ago as part of predictive programming agendas. What is the end goal? That depends on what the government is trying to convince their citizenry to accept, that they would not have normally accepted had it not been for the traumatic false flag event. Critical thinking and free will are at play, do you have control over them or does someone else?

If the reader is open minded enough to accept new and divergent ideas from the status quo of those many standard indoctrination programs, the realization may emerge forth that there are other ways to living your life that are devoid of manipulation and control agendas. It is a free man's life, not the debt slavery, serfdom or indentured servant's life without hope or future. By the end of this book, the many different concepts and alternative choices to the generic life experience and subsequent death process can make the difference overall. It can help the reader break away and learn how to live and die as a free man or woman. Show me how to live and I will show you how to die is a mantra worthy of assimilating into your life. A relevant health quote for future chapters is attributed to Hippocrates:

“Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear.”

- Hippocrates

The author is not pontificating and demanding the reader cease and desist all activities that will shorten or injure health during your incarnate existence. Who am I to preach to another sentient being on how to live their own life? I would likely take offense if another person attempted to impose their beliefs and ideologies upon my own beliefs and plans for my life. As such, take away what you believe may help and assist you in your human incarnation experience and set aside the rest. Times change and information that previously made no sense yesterday may be perceived as relevant and insightful today. Life changes and evolves, so does our consciousness.

Again, the information presented herein is also intended to help expand human consciousness on subjects that may have been accidentally overlooked or purposely hidden from the readers' awareness in the course of their life. The many-many sources of knowledge span hundreds and thousands of years of human history from which to cross check, if desired. In the end, conscious awareness, individual research and free will all combine to produce informed decisions. The only person responsible for your life is you, no one else. No one will ever plead and cry for you to make the right decision on any individual topic which will directly impact you, your health and ultimately, life. You are master of your free will. May the facts and knowledge presented in this short book ignite the spark that turns into a torch; that will set you free to live a long and healthy life during your human incarnate experience.

May your conscious awareness awaken and expand quickly in order for you to evolve and grow spiritually, thus allowing yourself to maximize the remainder of your life in the here and now. There has never been a greater moment to be alive in human history than right now. You can lock yourself away in the darkness of false history, false science, false medicine,

false knowledge and the many others, or see through the existing veil of deception and learn to enjoy the preciousness of your existence and fully absorb the realization of life's impermanence. The belief in the principle of freedom of choice is based on having access and freedom to analyze the relevant factual information available in order to make informed decisions. If the information is suppressed, hidden, corrupted or bypassed, then the resultant conclusion on any topic of discussion is biased and prejudicial on behalf of the withholding side. Informed consent and informed freedom of choice are required. The lack of true knowledge can lead to an unnatural death via any type of artificially created disease, accident or exposure to mortal contaminants and pollutants, or the individual can become consciously aware of the threats and overcome them by choice.

Man's natural state is not intended to be that of suffering. It was always planned to be that of a peaceful and harmonious existence within nature. Malevolent organized religions, societies, governments and others have all hijacked and corrupted the human psyche over millennia to believe otherwise. Once an individual becomes consciously aware of his predicament, the faster he can overcome it. To clarify, the topics of career fields, relationship advice, employment, stock market investing, vacationing locations, hobbies and many other subjects are deemed to be irrelevant in this discourse of how to live life in this book, thus are generally bypassed.

The approach to be discussed has a much broader scope which supersedes the minutia or microscopic view of life. The larger, macro view can assimilate and put into context the many societal, cultural, ethnic, religious and other barriers, thus reaching a larger contingent of humanity. Is there really that much difference between the air of the east coast versus the west coast? Is the water cleaner at the top of the mountain or down in the valley? It all depends on each individual experiencer. As such, the Instruction Manual For Living Life is presented in a wider panorama perspective of life with the intent of awakening conscious awareness that can ultimately lead to spiritual emancipation and continued evolution.

Lastly, different topics of discussion will be briefly touched upon throughout this book in order to help expand the reader's awareness. The vastness of the information and its many details would fill thousands of pages in this book. Again, this book is not intended to be a finite continuation of the many topics, but rather a brief overview with some of the main issues discussed. The reference reading section at the end of each chapter provides a list of sources that, when read and assimilated, will vastly expand conscious awareness. These will also in turn lead further towards spiritual growth and evolution. There is no easy or quick fix solution to any of life's major challenges, why would the attainment of knowledge that can awaken the dreamer from the dream be any different? If it was easy, everyone would do it over the weekend. Doing the inner work takes time, but the prize is worthy of the effort. The awakening pain experienced from the realization of being betrayed in the end, makes it all worthwhile. While others are stumbling through life in a comatose fluoride stare, those who have sought out the true knowledge, wisdom and secrets to human existence will dispose of their artificial fear of death and take their rightful place as immortal, incarnated, sentient beings within the multiple universes. Welcome to your new life that awaited you.

Reference reading:

The Book of Enoch The Prophet by Richard Laurence (1838)

On the Origin of Species by Means of Natural Selection by Charles Darwin (1888)

Medical Education in the United States and Canada ("The Flexner Report)" by Abraham Flexner (1910)

The Evolution Hoax Exposed by A. Field (1941)

Atomic Destruction in 2000 BC by David Davenport (1979)

The Ark of the Covenant Lecture series by Ron Wyatt (1982)

Fingerprints of the Gods by Graham Hancock (1995)

Forbidden Archeology by Michael Cremo and Richard Thompson (1995)

Forbidden History of the Human Race by Michael Cremo and Richard Thompson (1999)

Elongated Skulls Of Peru And Bolivia: The Path Of Viracocha by Brien Foerster (2015)

Instruction Manual For The Human Body by Jean-Paul O'Brien (2018)

Chapter 1

YOUR GENERIC LIFE: A WESTERN EXAMPLE

The many billions of incarnated spirit sparks in human body avatars from around the global populace have been the unwitting and involuntary victims of mass indoctrination, conditioning and grooming programs designed to destroy humanity and their critical thinking skills for thousands of years. Without these unique abilities of individual creativity and discernment, they are all shaped and molded into submissive and passive group think echo chambers. The end result is the collapsing of the nuclear family, loss of national sovereignty, forced reliance on government, loss of individual rights and voluntary transitioning to become obedient debt slaves and followers of the many different and irrelevant pied piper social influencing celebrity clowns from around the world. Each generation experiences the same process.

These clowns of mass consciousness influence peddling lead their unsuspecting follower victims happily over the cliff and into the abyss of economic debt slavery, identity politics, divisionism, self-hate, planned obsolescence through promotion of pro-murdering of the unborn (abortion) and accelerated physical health demise designed and intended for a premature death via poor food consumption and lifestyle habits. These are not random events, but rather stated goals and planned objectives by the ancient Babylonian cult of baal/nimrod/freemasons/lucifer and their global eugenicists. A quote attributed to David Rockefeller:

“We are grateful to the Washington Post, The New York Times, Time Magazine and other publications whose directors have attended our meetings and

respected their promises of discretion for almost forty years. It would have been impossible for us to develop our plan for the world if we had been subject to the bright lights of publicity during those years. But the world is now more sophisticated and prepared to march toward a world government. The supranational sovereignty of an intellectual elite and world bankers is surely preferable to the national auto-determination practiced in past centuries.”

- David Rockefeller

It is important for the reader to quickly readjust their individual critical thought processes in order to first take a broader overview perspective of understanding some of the depopulation eugenics programs, and mass propaganda marketing slogans that are espoused, socialized and intentionally projected to publicly sway opinion for the intended end result. These are all intended to produce public acceptance of the various overlapping human culling programs under the guise of whatever sympathetic social, justice or environmental cause is best suited to that end. The naive and easily influenced minds of trusting and innocent participants make them the patsy's in the high stakes games of life, death, power and global control. These topics are all related to learning how to live your life (exposing the present global state of affairs) by first awakening your consciousness.

A simple and relatable marketing slogan that was created to deceive and mislead the populace, that has popularly resonated throughout the world is: “*Living the American Dream*”. It has many covert meanings hidden behind the slogan. One need only compare their own present day living standards (e.g. barely surviving) to those of prior generations over the last 100 years to see where you stand in the overall comparative scale of quality of life. Practically all living standards have been negatively affected, especially health and finances. The purchasing power of the fiat currency called the US Dollar has been reduced by 90% or more over the last 50 years. You may earn more money than your parents did, but your buying power is much less than what they had. Also,

many more of the world's western populations are obese and run rampant with degenerative diseases, while the less fortunate suffer ever more food and economic hardships.

This inoffensive and habitually repeated type of slogan aforementioned subconsciously plants and reinforces the seeds of conformance, obedience and acceptance for their targeted audiences and intended purposes. Without these types of implanted seeds for controlling their thoughts, the individual may quickly develop critical thinking skills and abilities that help to circumvent the indoctrination and control programs completely. A quote attributed to the comedian George Carlin:

“That’s why they call it the American Dream, because you have to be asleep to believe it.”

- George Carlin

The many different types of subliminal, covert and overt psychological messaging tactics are all interconnected throughout recent human history and are still valid in the present day context (year 2021). As an example, the past history consumption of cigarettes, alcohol, cocaine and many other toxic and injurious consumer products were enthusiastically marketed and pushed into the public's arena via mass marketing and promotion by big corporations. These were subsequently left unregulated by the political prostitute legislators who were beholden to their campaign donors.

An informed individual would never begin to smoke ground up car tires or drink anti-freeze coolant spontaneously. These injurious to health activities would have to be advertised and promoted as normal human behavior by irrelevant pied piper role models like talentless actors, singers and athletes; they would need to be depicted on television and radio to build up psychological support for their consumption. Just as the aforementioned toxic consumer products (cigarettes, alcohol, cocaine, mercury, arsenic and others, etc.) were marketed throughout history to the consciously unaware populations of the world by their pied pipers, to their great health misfortune.

An irrelevant outside influencer (television commercials, actors, singers, athletes, etc.) would have to first consume the products publicly and also become a spokesperson for the product. Those fans or followers of the irrelevant celebrities would follow in their footsteps, just as they have been socially conditioned and molded to do since their birth. Mimicry is the highest level of flattery. Do you really want to mimic a vulgar, stripped down, talentless female singer on music videos, screaming out vile sexual acts as an attention whore or a positively oriented singer who is a normal, grounded person and is not perverted by slut based and bewitching incantation lyrics? What of the irrelevant male athlete or singer who is just as reckless in life with public drug use or sodomite behaviors with underage fans? These should not be considered positive role models, but rather examples of psychological and social retardation behaviors to be avoided at all cost.

Pornography and the dehumanization of the divine female role model are the tools to capture the minds of the youngest generations. If they can influence them at an early enough age, they can mold and corrupt them further as they mature and follow their perverted role model pied pipers. The sexual and political grooming of the young minds is continuous, having the end goal to destroy the moral fabric of every society, creating upheaval and discord enough to reign in a baal-osiris-molech communist new world government through subversion. What the consciously unaware followers do not understand is that they will be some of the first victims of the baal-osiris religious-political cult. They are the disposable cannon fodder of the future, simply tolerated as useful idiots in the present tense. A relevant and succinct quote attributed to Albert Einstein accurately describes the hidden threat of false religious, scientific, medical and academic institutions:

“The minority, the ruling class at present, has the schools and press, usually the church as well. Under its thumb. This enables it to organize and sway the emotions of the masses, and makes its tool of them.”

- Albert Einstein

A simple example of present times is the popular fashion trend of having a shaved head. This trend is merely designed to psychologically condition the global population into subconsciously abdicating and accepting a prisoner or concentration camp mindset over their own free will of individual expressionism. How about the jean pants with the torn holes fashion statement that cost several hundred dollars each? This is merely designed to condition the individual to also accept poverty in an outward and public manner, demonstrating to all so that they can see their virtue of obedience and submission to the propaganda social trends.

The life plan that you may, or may not have set for yourself in the early part of your life is most likely not of your own design, but rather one that has been overtly and covertly molded and imposed upon you through television, movies, music, social influencers, athletes or some other deadbeat who could care less about you and your future. Yes, you may change the color, size or quantity of each product or path that you have voluntarily chosen in your life, but in the end you will realize that you likely never even wanted that product or path in life for yourself. It was imposed upon you subliminally and steered you away from your own manifest destiny that has now been taken from you, without your conscious consent. Those that control television and media are your overlords. The book “***Amusing Ourselves to Death***” by Neil Postman and “***Four Arguments for the Elimination of TV***” by Jerry Mander both discuss different aspects of the television mental trap, television parenting and other manipulation related aspects of the idiot box that is voluntarily sought after in lieu of living life with conscious awareness and a free mind.

Will you now become more consciously aware to take back your life and fulfill your purpose for incarnation in the here and now? Likely no, this is a western fable, based on real life and you are strapped in for the ride of your life if you agree to continue reading and discovering who and what you are. It is much easier to surrender your free will and go with the flow of life, instead of blazing your own new path on uncharted lands. Most everything in your present life has been developed and designed to keep you on a mundane, pre-defined life path with

safe and known statistical outcomes. If the individual accidentally or purposefully steers off their artificially predestined life course, they are passively and actively coerced to conform and realign themselves with the group direction through many different psychological and social traps that occur in each generation amongst the different global populations. If subtle nudges do not rectify the personality deviation, then fear elicited through persecution and prosecution will usually be effective in bringing the clueless debt slave back into obedience and subjugation.

Since the onset and celebration of their birth, to their last breath of life, the global population has been continuously misled and deceived to follow a predetermined set of life goals, milestones and behavioral patterns particular to their country and cultural norms. Each intended to maintain control of the various conscious awareness and developmental stages within the populaces. All social and economic class and caste levels are victims and these have been misled to buy into the pre-established life paths projected through predictive television programming, educational indoctrination academia, irrelevant social influencers, talentless celebrities and other harmful sources of psychological manipulation and disinformation. Is there a reason you purchase and wear any particular brand of clothes, perfume, shampoo, toothpaste, car or watch a specific sport on television show religiously? Is it a spontaneous and innate desire since birth or is it simply the end result of mass marketing propaganda and indoctrination that has convinced you to purchase said item or watch said sports game, regurgitating useless athlete statistics so that you can self-identify as a member of any of the obedient identity politics groups of consumer tribalism?

The collective control goal of those in power is simply to make the individual believe that the path they have chosen for themselves is the only natural way of the world and to follow blindly, without question, resistance or disobedience. A good debt slave serf will do as instructed while an awakened and disobedient debt slave serf will be subject to ridicule, persecution and relentless targeting until they learn to once again conform to the group's control expectations. Not too

unlike bullying when young, in preparation for continuing future harassment and subjugation as an adult.

A common life projection theme in the many western nations is to strive to complete the K-12 academic curriculum. Those who fall by the wayside in this process are considered ideal sources of cheap manual labor for major corporations and global conglomerates (e.g. fast food chains, customer service and other low salary wage labor). Those individuals who can afford to continue their higher academic studies typically attend an overrated high profile name college or university. There they can incur astronomical student loan debt, preparing for career fields that are considered stagnant or slow growth by the bureau of labor and statistics. Those few graduates that are fortunate enough to score an entry level professional office position upon graduation are considered socially successful at this point, but are they really after it is all put into perspective? The accumulation of astronomical student debt, encouraged by predator universities and financial institutions that are the true benefactors of higher education almost immediately, not the beleaguered debt slave who must redirect the little salary income to the financial institutions that own their debt and demand Babylonian usury interests payments in full. Late payment fees are typically not waived, but rather increased by compound interest payments.

Continuing forward in the generic pre-planned life schedule example, the college graduate eventually scores any type of career related job (or not) in a medium or large city where few companies offer livable wages that barely cover the basic income needs like housing and food, let alone amenities to living. After a few years or even decades, the individual somehow manages to find another debt slave that is compatible with their dire situation and they get married for convenience to further expand and continue along their pre-conceived debt slavery path. They may buy an apartment or house (30 year mortgage of Babylonian usury debt once again), buy 2 new cars every 2-5 few years due to auto maker pre-planned obsolescence business models (reoccurring car loan Babylonian debt) to keep up socially; hypothetically have 1.6

children during their lifetime depending on geographic location and their resultant astronomical financial costs to feed, educate and raise the 1.6 children, etc.

The on average 1.6 children births per household is not even enough of a national reproduction rate to maintain a current source of steady state population replenishment levels if below 2 children per family. Add to the previous financial indebtedness, the unsustainable local property tax payments, state and federal income tax extortion rates that further strip away any potential to accrue savings, while further suppressing the ability to get ahead in life. The regular procurement of the standard consumer goods with planned obsolescence like refrigerators, washer/dryers, big screen televisions, furniture, etc. (credit card financial debt), paying extortion Babylonian usury interests rates, sales taxes and soaring utilities costs leave much to be desired for life in any mid to large size city around the world. These artificial concrete cities have been purposely designed and crafted to corral as many debt slaves possible into the vertical high rise prison cities to control all aspects of their lives. The food, shelter, transportation, employment, education, social interaction and the many other facets of human existence fall under the watchful eye of the political and corporate overlords. The last thing they desire is a consciousness or spiritual awakening that would inspire the individual to return back to the countryside where the air, food and lifestyle are more conducive to forming a healthy and sound nuclear family and life, all the while depleting the modern day Babylonian city prison of cheap labor resources and tax revenue collection.

In latter years of the Babylonian wall-less prison confinement, if the hapless and consciously unaware individual is fortunate enough to survive life, through the many Babylonian usury debt traps set before him that lead to financial destitution, then they may be capable of retiring with a meager pension or insignificant social security payments in some cases. The ever increasing age to qualify for retirement social security is pushed higher and higher with the government expectation (taking bets like in a casino) that many more will physically

perish health wise before full pension eligible age levels can be reached, thus removing the financial debt obligation from the coffers of the interested parties in government and corporate power. At this point if they have not yet succumbed and passed away from industrial injuries or environmental poisons, the next planned phase occurs when they transition from a seemingly healthy body (if they have been vigilant) to one that has formed any type of degenerative disease (like cancer, etc.), just as in the predictive programming models forecast decades previously for the social, economic and ethnic category of the individual in question. This includes their food consumption and lifestyle habits based on statistical averages for the population. The many research studies conducted on the global populaces are designed to determine trends, weaknesses, strengths and potential opportunities to maximize their end goals (corporate and government).

The degenerative disease formation will likely be caused by a lack of proper health education, or improper lifestyle and food consumption habits during their formative academic years (K thru 12, plus college 13-16). Despite the biased television food industry's commercials, ethically compromised physicians and scientist's irrelevant opinions, the main protagonist for disease formation in western societies has been determined to be the adherence to consuming the western diet. It is filled with animal based proteins, processed foods laced with preservatives, heavy starches, high sugar concentrations off the scales, injected preservative chemicals into food supplies, residual hormones, and foods that have been stripped of natural nutrition are replaced with inorganic vitamins and minerals. These inorganic mineral salts cannot be assimilated into the body for its use. To the contrary, they accelerate the human avatar's health demise exponentially, shortening their lifespan. The book "***The China Study***" by T. Campbell describes the 30+ year study in food consumption habits and resultant health effects caused by consumption of animal based proteins versus plant based proteins, and their degenerative diseases manifested. The direct cause and effect relationship is plainly and clearly depicted, demonstrating the degenerative diseases are linked to improper food selection.

Add to the aforementioned: the human body avatar exposure to the contaminants in the city's polluted air, fluoridated and chemically laden potable water supplies used for drinking, bathing, washing clothes, electromagnetic radiation cell phone towers and the onslaught of injurious foods consumed that are stripped of most nourishment, are not fit for human or animal consumption. The full cycle of food growing (GMO seeds, toxic pesticides, toxic herbicides on the industrial level farms) and their subsequent saturation with additional chemical preservatives sprayed on at the supermarkets to help maintain their color, shine and luster are the final touches of the chemical poisons that destroy the human body and organs. That bright shiny apple on the supermarket shelf is not found naturally in that state. It is made artificially shiny through use of chemical preservative sprays in the produce display section, converting it into a topically embalmed fruit worthy of the wax museum of horrors. The only food that appears to be free of most toxins and chemicals is the humble coconut. It contains clean coconut water, nutritious coconut meat and is hermetically sealed for freshness by nature. It does not require polishing or shining to catch the city slicker's sharp eye.

As the individual matures and advances in years, the forecasted predictive model diseases manifest and the individual is interned in the hospital with a degenerative disease like cancer. The astronomical medical bills will likely have already wiped out all of their life savings in the surgical, radiation and chemotherapy treatment protocols (not cure) process. They likely had to sell off or re-mortgage the almost paid 30 year home mortgage (having already paid the property 3-5 times its value with Babylonian usury interest payments over the original selling price) to cover the massive hospital bills that arose from a preventable and curable disease. A excerpt from the book *"How To Prolong Life"*:

"Some men have, perhaps, no cares; others pass an existence which may be a constant scene of trouble; but how many of these think there is no other pleasure in life but in eating, drinking, and sleeping!"

Many men at a certain age become lost to the other enjoyments of life, and these become the only pleasures they recognize. This wonderful being of creation, whose place is to have dominion over all things, dies true, he has lived, but in many cases he has done no good to himself; he has not benefited those around him, or those that come after him. Yet he has lived, and expects to be rewarded with a seat in heaven. For what?

Surely there is a better purpose in man's existence than mere eating, drinking, and sleeping, resembling the life of the lower animals. Man has a higher destiny and a nobler purpose; he should aim to give happiness to himself and those around him. He is lord of creation; let him strive to become its ruler and benefactor."

- Charles De Lacy Evans

Again this methodical and pre-planned predictive programming process continues daily around the world, just like it has been pre-programmed to occur time again, in country after country. The good debt slave citizen who never defaulted interest payments in order to save his credit score, while suffering economic hardships and hunger may never even come to realize they were directly and covertly molded to become nothing more than a debt slave in an open air and wall-less prison. The individual unknowingly followed the predictive programming life path set before them that was designed for maximum labor and financial exploitation before succumbing to their purposely intended self-destruction while in pursuit of the American Dream. He never stood a chance since he lacked conscious awareness of life and his existence.

Yes, there may be a few variations from the above generic life scenario example on either end of the scale, but most will fall into this statistical median category of the bell curve, especially those who have attained some type of middle class status in their own country. The lower economic class citizens will likely succumb much quicker health wise to their

completely curable disease since they purposefully lack the economic resources to help them survive the financial onslaught that befell them. They were likely unable to cover their over inflated health insurance premiums and medical bill expenses over the food and shelter responsibilities to their family. The self-sacrifice was completely avoidable and unnecessary had they possessed conscious awareness.

This typical and generic western civilization life cycle sample presented has become more refined and attuned over the previous decades for maximum extraction of usury and debt slavery revenue from the masses; depositing the money directly into the coffers of the international banking institutions and their puppet governments that are run through their privately owned central banks. Any perception that the governments run their sovereign nations is merely coincidental as all power stems from the financial and corporate institutions that pre-select their nations' legislators and political leaders. This is accomplished by providing financial support for their politically campaigning candidates, ensuring that all legislators and their subsequent legislation are beholden to those corporate and banking institution sponsors and not what is best for the citizens of that nation. Should lobbying campaign contributions be classified as unlawful influencing bribes? Yes, absolutely.

In reality, one of the objectives of the globalist institutions is to completely destroy and eradicate the middle class. The intent is to have only two classes of people: (1) the rich and ruling class and (2) poor and subservient labor class. Thus the reason why most nations invoke legislation and taxes that decimate and retard any growth of the middle class. To reach the objective of a one world government, there cannot exist any hope or glimmer that a destitute individual from the lower rung of the economic ladder can become successful independently, thus breaking free from the subservient role he has been pre-destined to fulfill, since before he was born. If his ancestors did not obtain the knowledge that could set them free, their descendants will have an even lesser opportunity to become financially emancipated and free from the debt slave

system. Within the already established professional, family, financial and longevity parameters that have been indoctrinated into the human psyche via television parenting and mass media public influencing outlets, the misconception or belief that man's free will to be or not to be, shall not be infringed upon is merely an illusionary fable intended to provide false hope to the debt slavery masses. The many marketing slogans, repeated countless times via all forms of electronic, digital and physical media sources all reinforce the fairy tale of the "*Live The American Dream*" slogan.

The American Dream does exist, but not within the confines of existing corporate, governmental, social, political, religious and economic parameters. An individual who can own their own home, business, generate revenue and not be taxed into oblivion, complemented with the construction of a healthy and happy nuclear family can truly be considered living the American Dream. In the real world, the odds are not in favor of achieving this reality in the present state of global affairs. The question begs to be asked: Were you, your ancestors and future descendants born to work and become debt slaves all of your life or were you born to live and experience the many life lessons you are seeking out in this lifetime? The spark of conscious awareness is beginning to glimmer in the distance, but only if you can see through the thinning veil of deception.

The debt slavery advocates and one world corporate conglomerates have their plans set on your failing to realize and achieve any level of conscious awareness and awakening. They distract you with irrelevant and nonsensical television soap operas, infantile professional sporting events, irrelevant pied piper social influencers to keep you following them and controlled academia institutions of false knowledge that are purposely designed to dumb down the population. Through the process of historical revisionism, memorization and regurgitation of false knowledge and irrelevant information, they stymie instead of developing critical thinkers and problem solvers that can create new ideas for improving human health, society and existence. They are all working in unison against the consciously awakening spirit spark (you).

The one infinite creator of the universe (God) gave you free will to have and live the human incarnate experience, filled with many different life lessons to help in your continued spiritual growth and evolution. Man's natural state is to be free and healthy, not condemned to poor health, or strapped with invisible chains of debt slavery and social scoring points to classify and segregate the obedient and subservient serfs from the free thinkers. There is more to life than what you believe to be true in your physically incarnated dream.

The employment, career field, social class, economic class and other present day discriminators are all irrelevant in the context of this book. Look passed the artificial labels designed to generate division, strife and class status. These are all artificial constructs, feverishly promoted to keep humanity separated, in continuous global conflict and living in the dark ages, ultimately inhibiting any awakening of their consciousness. One person cannot lift 1,000 pounds alone. However, a single team of 100 people can each lift 10 pounds easily in unison as a team. Together, the strength is unmatched. Divided into smaller groups of individuals, the difficulty may become insurmountable.

The false and fabricated deception that a person's vote in elections is relevant to advancing their own political beliefs is another variation of predictive programming and control of the masses. There is no distinction between one political party or another. All political parties are owned and operated by their corporate sponsors and donors. Behind their identity politics name, and beneath their facade, you will discover they are all one in the same uni-party. They are different in name only. They are owned and operated by the exact same entities. The goal is to control all aspects of a society, its people, its economy, its religion and exert full dominion on a local and transnational level, thus achieving the ultimate goal of a one world government. To disrupt the corrupt system, always vote out the incumbent from the uni-party and cause upheaval. The main proponent of this global phenomenon is the ancient Babylonian baal-osiris-molech religious cult of sodomite-pedophile communism. It is this Babylonian era religion that

masquerades as a communist political party. Its tentacles have successfully infiltrated different political parties around the world, overtaking and replacing the tenets of their now hollow political party that they have replaced. This baal-osiris communism cult of religion has poisoned many generations of naïve minds in the universities, where brainwashed and ideological zealots wish to impose the instrument of governance that would just as quickly destroy them once in power, in an instant. The historically ignorant find hope in that which would destroy them; quite ironic and sad. An excerpt from the book “**Marx and Satan**” by Richard Wurmbrand and attributed to Stalin in a 1922 address:

“First we shall take Eastern Europe, then the masses of Asia. After that, we shall surround and undermine the U.S.A, which will fall into our hands without a struggle-like an overripe fruit.”

- Joseph Stalin

The ignorant communist ideology zealots are in need of spiritual help. If they could see clearly how human history chronicles communism as the most horrific form of human governance and genocide the world has ever known, perhaps they would obtain conscious awareness. The absorption of false history and false knowledge saturate the zealot’s mind, thus preventing critical thinking skills to develop and manifest, to their mortal misfortune. The many different catchy names or titles of the different political prostitute groups are referenced as colors like: the greens, the yellows, labor party, worker party, democratic party, republican party, any party and the infinite number of other subterfuge names are merely catchy slogans intended to instill identity politics within their constituencies. It’s the concept of birds of a feather, flock together. In reality though, the many outwardly different political prostitutes only represent the interests of the corporate lobbyists and their agendas. Any politician who is voted into office and in favor of the people is persecuted and at times, targeted for political smear campaigns in the court of public opinion by the propaganda media outlets, designed to slander and remove them in the next “free” election cycle. It

takes a strong man with integrity to confront the media outlets of mass deception and disinformation. They are merely propaganda outlets and provide no beneficial service to the public at large. They are owned and operated by globalists.

A main take away from the generic western life cycle is to comprehend that it is not your fault. You have been purposely deceived for your entire life by those in power. They loathe the common citizen of their countries and only seek to maximize their corporate profits, minimize labor costs and subjugate the masses. Often times they readily display their future plans for mankind via movies, openly mocking them while showing them what they are doing. It is related to free will and unless there is pushback from the people, then it is accepted by default into the public's psyche. The movie "*Hunger Games*" is representative of this overt intent to subjugate and control all aspects of human society around the world. Those in power typically project the future 10-20 years ahead of their intended implementation. Slowly and methodically they project their intentions, moving in sync with the predictive programming models previously studied and planned for ahead of time.

Save yourself through the accumulation of knowledge and good health. No one will do that for you. One of the many life lessons to achieve during this lifetime is obtaining human sovereignty and independence, not slavery and subjugation. Free will; to be or not to be consciously aware is a choice. Have you seen any shimmering spark in your psyche as of yet?

Reference reading:

The Age of Reason by Thomas Paine (1794)

Your Life is Their Toy by Emanuel Josephson (1941)

The Population Bomb by Dr. Paul Ehrlich (1968)

Four Arguments for the Elimination of TV by Jerry Mander (1978)

The Secrets of the Federal Reserve by Eustace Mullins (1982)

The Committee of 300 by Dr. John Coleman (1991)

Super Size Me, a documentary by Samuel Goldwyn (2004)

Amusing Ourselves to Death by Neil Postman (2006)

The China Study by T. Campbell (2006)

Food Inc., a documentary film by Robert Kenner (2008)

Take Your Power Back documentary by Josh Del Sol (2013)

The Great Awakening by Jean-Paul O'Brien (2018)

Chapter 2

AWARENESS OF RANDOM CONCEPTS

The consciously unaware spiritual occupant of the human body avatar vehicle has been purposely deceived, misled and misinformed on practically all matters related to their educational, physical, emotional, spiritual existence and well being. The consciously awakening individual must quickly learn to unlearn the many areas of false knowledge and misinformation that they have been instructed upon to erroneously assimilate and believe to be fact. Some topics require less re-learning than others. These ultimately become the new foundation for building a stronger and healthier body, along with the true knowledge of who they are, where they come from and what their intended life purposes are most likely intended to be. Many individuals seem to lack this basic level of self knowledge and comprehension, in any capacity.

The fluoride poison that runs deep in their blood stream unimpeded, then lodges in their brain helps to maintain conscious awareness in a numb, disinterested and passive state of resistance, resulting in the development of the infamous “fluoride stare” that is so prevalent in those pacified populaces around the world that are knowingly poisoned by their governments. The fluoride is an adjunct to watching imbecile level hypnotic television programming shows that place the human brain and psyche into a state of passive suspended animation. It leaves the television viewer unable to use their critical thinking skills in most instances, and is a crucial weapon in the global control strategy.

This combination (fluoride saturation and moronic level television programming) results in brain fog, inability to think

clearly, confusion, indifference, apathy and disinterest in even basic human hygiene and upkeep. Similar concepts will be covered in this chapter to help further awaken the conscious awareness spark of the reader. The basic information shared herein will help to further build the requisite foundation of related topics, and the remaining chapters will systematically build upon and complement each previous subject.

In any type of interactive and informed generational family genealogy tree line, the accumulated legacy of knowledge is typically handed down to each new generation by word of mouth. Thus exponentially increasing and strengthening their physical, mental, spiritual and emotional abilities with previously acquired knowledge. For a new and future family, both parents to be of their new child should have been able to proactively avoid the many life shortening traps that the common person without this same type of knowledge access befalls daily in their lives (e.g. those who lack this same generational hand me down knowledge).

Hypothetically, both parents would each have strong bones, muscle tone, clean blood, no mercury fillings, were never injected with injurious vaccinations, only consumed natural and healthy foods that were not processed and did not partake of the western diet promoted by the food corporations with their fraudulent food pyramid chart and contaminated processed foods. If the parents to be were educated in a truthful and transparent educational system that did not promote false history, false science, false medicine, false knowledge and the many other topics which mislead and distort the reality of the world, then they would likely also be immune from the propaganda and disinformation campaigns to consciously and subconsciously follow the irrelevant pied piper celebrities of mass influence and deception on TV.

Ideally the mother to be would have practiced good hygiene, kept physically fit, consumed natural, healthy and nourishing foods, avoided processed foods, contaminants, pollutants, vaccinations, thus preventatively negating the need for any type of intervention by conventional medical treatments or

dental work all of her life. The mother to be would not have any type of mercury fillings in her teeth and if she did have them, she would have them removed and wait at least one (1) year before becoming pregnant as the mercury vapors and residual metal molecules are absorbed into the bloodstream and body throughout the life period the amalgam (mercury) tooth filling remained in her mouth. The heavy metal would take at least a year to proactively leach out of her body and prevent it from entering the bloodstream of a developing fetus during its nine month gestation period inside the uterus.

The mere activity of chewing any type of food results in compacting pressure being exerted onto the mercury filling, thus forcing mercury micro-vapors to be expelled and subsequently inhaled into the lungs and absorbed into the bloodstream. Simply chewing gum can also result in the same release of mercury vapors into the lungs and resultant blood stream contamination. The same blood flows through the mother's and baby's bloodstream, all the while contaminating the baby's brain, organs, blood and body during its gestation period. Any amount of mercury is harmful and injurious, not only to a baby in formation, but also the mother as well.

Other metals like aluminum are continuously absorbed via the mass produced and inexpensive cooking pots, pans and utensils from third world countries that put more interest in profits than consumer safety, just as aluminum soda cans and other related plastic poison (Bisphenol A, or BPA) products are mass produced and dumped on first world countries with similar devastating effects on human health. The micro-particles of aluminum are stripped away when the spoon or other utensil scrapes the bottom or sides of the low quality aluminum cooking pots, which are subsequently consumed and absorbed in the stomach and intestines. The slow accumulation process over years and decades has led many to conclude that the aluminum layer deposited and formed over the brain (detected on cranial autopsies) is a direct result of it passing the blood-brain barrier and becoming trapped inside, since it cannot be expelled or excreted autonomously. The trapped aluminum particle layer requires chelation and/or

other alternative medicine methods to extract it from the brain over time. The slow and methodical accumulation of aluminum and other metals manifests in later decades of life, thus contributing to the false conclusion that old age is responsible for the many aches, pains and diseases of the body by the age of 60. In reality, the human avatar should not even have gray hairs by the age of 120, but rather due to the aloof spiritual occupant's poor food consumption and lifestyle habits, these have contaminated the body from within and accelerated the formation of degenerative diseases. These can be reversed back out of the body through a healing crisis, but requires a consciously awakened spirit spark at the helm, not the same one who originally put the body into this emergency debilitating health situation from the onset.

Similarly, the type and quality of nutrition being consumed by the body has a direct impact and correlation with the fetus gestation and development period. The lack of any individual or collective organic mineral or vitamin in the body can result in physical deformities and developmental retardations in fetuses. All the 92+ trace minerals and vitamins are required to ensure full and complete development of the different physiological systems (cellular, nervous, respiratory, digestive, etc.). A common occurrence if the mother lacks adequate organic calcium in her body during gestation is that the baby is born with a receding chin and potentially other calcium deficiency side effects during gestation, like a small jaw as well. It is not uncommon to have the first born child be fully developed and the subsequent siblings emerge with the receded chin, undeveloped jawline or other calcium deficiency, etc. The cause and effect are interrelated.

The mother to be was not able to adequately consume or replenish sufficient quantities of organic (not inorganic) calcium for her own use and storage. The baby was only able to extract so much available organic calcium from the mother's bloodstream and skeletal system. At this point, both mother and child are significantly deficient in calcium and require the ingestion and assimilation of additional natural calcium sources to become balanced. A wholesome diet of

natural foods (not processed) will provide all the wholesome nutrients required to maintain a healthy body before, during and after pregnancy. Cow milk is converted into an acid when digested, thus making the body acidic in the process. The body then strips more calcium from itself to help neutralize the acidity caused by the dairy products, thus further compounding and making worse the original calcium deficiency. Mother's breast milk should be the main food source for the infant until it cuts its teeth (first teeth emerge from their gums), not cow milk.

White oak bark tea is considered a powerhouse of organic calcium in natural medicine and has been used for more than a century to treat and cure osteoporosis, pyorrhea (periodontal disease today), varicose veins, hemorrhoids and other nutritional imbalances by directly absorbing the calcium through the gums, blood and bones simply by drinking the infusion as a tea. To that end, it is imperative that all the different natural minerals and vitamins should be consumed sufficiently on a daily basis to preclude any type of vitamin, mineral or nutritional deficiency. Fruits, nuts, seeds, vegetables, grains and certain plants are all filled with organic vitamins and minerals, etc. Any naturopathic doctor (ND) can provide deeper insight into natural plant based nutrition solutions for individual, or multiple nutritional deficiencies. A quote attributed to Hippocrates:

“If you are not your own doctor, you are a fool.”

- Hippocrates

If any of the hypothetical parents to be, previously aforementioned, have a present or past history of any type of disease, this does not mean the child will inherit the disease (hereditary) by default. Since both parents donate 1/2 of their chromosomes to the creation of a new child, it can potentially inherit any strengths or weaknesses from each of the donor parents. However again, this does not imply the child will contract any type of hereditary disease itself, but rather it can result in a latent weakness. It can be controlled or prevented

from fully developing by individual conscious awareness and being cognizant of healthy lifestyle and nutritional consumption habits that are not conducive to the development of the disease. The myth of hereditary disease is mostly false science. It is an inherent weakness and not an edict, self-fulfilling prophecy or an inescapable future life of health misery and condemnation. Poor food consumption and lifestyle habits will mostly determine any health challenges of the human body throughout its life. The books ***“Tissue Cleansing Through Bowel Management”*** and ***“Iridology Simplified”*** by Bernard Jensen both discuss and expand on the hereditary myth of diseases. Dr. Jensen references the *“healing crisis”* that occurs when any disease is backed out of the body’s hiding locations, resulting in healing after re-manifesting the disease out of itself.

A healthy child is born with the DNA of both its parents, whom are likely to be in good physical health and conditioning. If the parents have successfully avoided the western diet and other pollutants and contaminants in the environment, so shall their child develop and grow up with a strong immunological system that is capable of protecting the human body avatar vehicle throughout its incarnated lifetime.

A common misnomer and pitfall in conventional medicine for most people is the unfounded trust in the global vaccination agenda promulgating the false science and medicine belief that it is good for humanity, it is not. For example, the immediate vaccination with a hepatitis B vaccine upon birth to a child is injurious and harmful to the newborn baby’s immunological system. A newborn baby is not considered to be a drug user or active sexually, which are the main targeted populations for hepatitis vaccinations. It is illogical to vaccinate a newborn child as the risks far exceed the possibility of contamination, resulting in completely avoidable vaccine injuries. Some vaccines are filled with mercury, aborted (murdered) fetal material, various chemicals that cause inflammation and are intended to activate the human immune response are nothing more than the continuation of the vaccination fraud and deception from centuries past.

This scientific and medical fraud has continued to be perpetuated on humanity since before the period of the first vaccination fraudster by the name of **Edward Jenner (1749-1823)** and subsequently by the more publicly recognized vaccine charlatan named **Louis Pasteur (1822-1895)**. Pasteur's erroneous conclusions on the germ theory of disease; where the germs are determined to cause the disease and not the real culprit, which is a physiological-chemical/cellular-nutritional imbalance within the body. Vaccinations have historically caused more pain, suffering and death than the actual diseases they were falsely claimed to protect against. In the bulk of cases, individuals vaccinated overwhelmingly acquire the disease they have been vaccinated against. Non-vaccinated individuals with a healthy immune system typically do not become infected with any type of disease. This is demonstrative of the false science and the false medicine that continues to be perpetrated and promoted even today, to the consciously unaware, misinformed and disinterested populations around the world. The incessant promoters and advocates for vaccination paranoia of the masses are the usual suspects, such as pharmaceutical, chemical and medical companies that generate enormous revenue from the vaccination fraud, to the great health misfortune of the vaccination victims. A related quote attributed to Mahatma Gandhi:

“Vaccination is a barbarous practice, and it is one of the most fatal of all delusions current of our time, not to be found even among the so called savage races of the world. Its supporters are not content with its adoption by those who have no objection to it, but seek to impose it with the aid of penal laws and rigorous punishments on all people alike.”

Mahatma Gandhi

Both of the previously aforementioned scientific and medical charlatans (*Jenner and Pasteur*) continued to promote their fraudulent vaccination benefits myth on an unsuspecting populace and co-conspirator governments who also benefited

from the scam. The unsafe and lethal vaccines maimed, injured and killed many of the trustful and uninformed victims who succumbed to the snake oil salesmen's fear propaganda of their day. Not too unlike present day where the vaccination fraud continues unabated and has actually increased through mass marketing and fear mongering to instill not only infinite levels of fear porn, but the intended goals of psychological obedience, and ultimately control of the mass populations' psyches. The related books "***The Horror of Vaccinations Exposed***" by C Higgins, "***Bechamp or Pasteur?: A Lost Chapter in the History of Biology***" by Ethel Douglas Hume and "***The Poisoned Needle: Suppressed Facts About Vaccination***" by Elanor McBean are just a few of the chronicled histories over a century of the vaccination fraud and how it kills and injures the trusting and uninformed global populaces without pity.

An adult (or baby) with a fully functioning immune system is inherently designed to fight off and build antibodies against any virus, bacteria or pathogens encountered during the course of their life. When the immune system is interfered with or weakened by harmful and injurious vaccinations, there is a higher potential for disease formation and even harmful secondary immunological responses where the body attacks itself, believing it is being invaded by harmful pathogens.

Vaccinations are inherently designed to decrease human longevity, fertility and all the while earning the many chemical and pharmaceutical companies billions of dollars in revenue yearly through the promoted fable of vaccine efficacy. Antoine Bechamp (1816-1908) was absolutely correct when he concluded that the "*germ theory*" of disease was false and had no scientific merit or credibility. He correctly surmised most diseases have a direct correlation with a physiological-nutritional imbalance of the body's cells that affect individual and collective body systems when they become unbalanced. By rebalancing the body's dysfunctional systems, through internal cleansing, wholesome nutritional food consumption, exercise and clean water, the artificially created diseases caused by improper food consumption and poor lifestyle

habits have the ability to auto-correct and heal themselves, without human intervention (e.g. conscious interference).

In another related area of health, good dental and physical hygiene in a developing human body is necessary to reduce the opportunity for any type of disease formation. Likewise, the consumption of natural plant based proteins, carbohydrates, fats, minerals and vitamins all contribute to the healthy growth and development of the human avatar. Those instances where different types of skin diseases erupt forth from within itself; these are merely the human body's method of directly expelling and disposing of harmful toxins that have accumulated in the blood stream, lymphatic system and organs. If the human body were to allow those harmful toxins, chemicals, pesticides and alike to be processed through the liver, kidney or other organs, they would likely suffer partial or permanent injury to them and potentially result in human death. The human body instinctively knows how to dispose of any dangerous toxins that are free flowing within itself, out of itself.

There is a genetic, built in safeguard that overrides the consciously unaware spiritual occupant of the human body avatar vehicle that automatically protects the body. Without this auto-protect system in the human DNA, the majority of mankind would likely have perished since the onset of the industrial revolution. That is when the bulk of processed foods became more popularized with advertisements, as well as pollution, contaminants and the advent of toxic medication sales that only treat disease symptoms. These do not provide definitive cures to practically any disease, including the common cold. If the cold flu was cured, the pharmaceutical industries might collapse from the lost revenue sales of the many different placebo cold flu medicines sold every year.

The different types of boils and pus that can erupt from the body/skin anywhere on the body are merely escape portals for poisonous toxins to be excreted safely. They instinctually form and naturally break the skin open to force the accumulated harmful toxins out from within itself, that have been ingested

via vaccines or poor food selection and consumption (processed foods and contaminated animal derived products). Once the harmful and morbid toxins are expelled, the body is once again able to heal itself, in spite of what the consciously aloof spiritual occupant thinks or does to remedy the situation. Knowledge is power and can ultimately lead to conscious awareness and self healing: When skin eruptions do occur, the conventional medicine protocol is typically to suppress the outbreaks with toxic medications or lance them (cut and drain them out), while naturopathic medicine encourages the trapped morbid material to be fully excreted by promoting and assisting the body to ripen the boils/cysts and excrete the fetid material out faster, resulting in a shortened healing period than would normally be encountered by suppressing and delaying the expulsion of the morbid or toxic material.

If these poisonous toxins are not expelled, they can endanger any organ or body system, potentially resulting in any type of degenerative or mortal disease formation. These morbid toxins will continue to be quarantined in some part of the body until such time that it can once again attempt to excrete them out safely, provided the spiritual occupant of the human body avatar does not continue to interfere with the natural expulsion and healing process. This implies the consumption of any additional toxic medications can further suppress the expulsion and removal from the body of the original morbid toxins already trapped within itself, prolonging the suffering and delaying the curable condition.

Dr. John Christopher's (Naturopathic Doctor) many patients during his lifetime were completely healed or had an improved quality of life when they followed his many different internal body cleansing protocols. Many of his patients were considered hopeless cases that could not be cured at the hospital or clinics and sent home by conventional medicine doctors to die at home. He, time and again was able to cure those that had been previously diagnosed as incurable through his incurables health programs and protocols. Similarly, many other doctors, oncologists and alike have been stripped of their medical licenses for curing their patients naturally.

Dr. Christopher, like so many other naturopathic medicine practitioners, understood that the human body was designed to heal itself if allowed to do so. Modern man has been bombarded with television propaganda that proclaims diseases can all be cured by synthetic chemical medications, with only an average of seventy (70) side effects per medication. The reality is that conventional medications normally treat the symptoms and most do not cure any type of disease. A well known slogan of the pharmaceutical and medical business model: *“a patient cured is a customer lost”*.

In relation to obtaining a healthy body in general terms, a growing body requires all the organic minerals, vitamins, proteins, carbohydrates, healthy fats, calories and clean water as basic building blocks obtained from good nutrition that not only can be digested, but must be assimilated (can be used by the human cells) into itself. The main food groups that provide all the necessary wholesome nutrition for the human body avatar are fruits, nuts, vegetables, seeds, grains and clean water (not fluoridated and chlorinated tap or bottled water), but rather distilled water only.

Hard water and softened water should be avoided at all cost as the inorganic minerals (calcium carbonate, potassium carbonate, magnesium carbonate, lime and others) quickly deposit in the joints and organs of the body, resulting in ankylosis (ailments like ossification, rheumatoid arthritis, etc.) and other hardening of the organs. Water from hot springs should never be ingested as they contain inorganic mineral salts as aforementioned and can petrify the human body and its organs. These same types of inorganic minerals can also be found in processed foods, cereals that lack wholesome nutrition and others. Distilled water is considered a universal solvent that dissolves, dilutes and excretes inorganic minerals out of the body, thus possesses cleansing properties to dissolve and expel toxic materials that are trapped within itself.

At the cellular level, the clean distilled water is paramount to help flush out cellular wastes throughout the body with

minimal effort. Any type of carbonated soda, milk or chemically derived sports or soft drink will accentuate the contamination process at the cellular level, impeding proper function and injuring the cells that become contaminated.

The avoidance of all types of dairy derived products (milk, cheese, butter, ice cream, other), animal meats (beef, pork poultry, eggs, fish, other) and their derived products (hot dogs, sandwich cold cuts, sausages, pizza, hamburgers, etc.) are all part of the western diet and the food pyramid chart hoax. The food pyramid chart fraud basically apportions out to the many different food industries equally, to sell their specific animal meat or processed food products to the unsuspecting populace. Generation upon generation; they never fully grasp that these longevity shortening foods are injurious to the human body and only promote the development of degenerative disease formation in itself. A clinical experiment example of how improper and injurious foods consumed can effect health and longevity via an excerpt from the book *“How To Prolong Life”*:

“Majendie fed a dog exclusively on fine wheaten bread-it died in forty days; whilst another dog, fed on black bread (brown bread-flour with bran), lived without any disturbance in good health.”

- Charles De Lacy Evans

“The China Study” book by T. Campbell follows a 30+ year study of the western diet effects and the resultant scientific conclusions that are relevant to human health and disease formation. Basically, the consumption of animal meats and their derivatives are directly related to increases in degenerative disease formation in the body. Cancer and other terminal diseases fall into this category. A consciously aware individual instinctually knows that any disease can be reversed out of the imbalanced body by cleansing itself internally through fasting and by consuming wholesome foods and clean water once again. The books ***“Fasting For The Cure of Disease”*** by Dr. Linda Hazzard, ***“The Fasting Cure”*** by Upton Sinclair and ***“Health Via Food”*** by Dr.

William Hay provide more examples of the clinical evidence demonstrating the body will cure itself if the spiritual occupant of the human avatar does not interfere with the process of purging the accumulated toxins and wastes from the body in a controlled manner. “**Cancer Cures**” by the author also chronicles some of the many different cancer cures and their inventors over the last 100 years. Cancer is directly linked with the poor food consumption, lifestyle habits and inappropriate food selection typical in the western diet.

The endless debate on the nutritional goodness and masculinity of consuming animal meats over a vegan diet is continuously fomented by the meat industries into the public psyche. It is purposely designed to confuse the masses in that yes, mankind has survived by murdering and eating other sentient beings and their babies for centuries. These habits may have been erroneously taught by their forefathers that they might otherwise perish if they only ate plants. However, man’s teeth and digestive system are those of a fruit and nut eater, not a carnivore like the tigers and lions. These large carnivores possess high concentrations of acid in their stomachs that are used to digest bone, cartilage, tendons, meat, etc., in their natural and completely uncooked state right after killing their prey. In some instances, the prey is eaten while still alive by the pride of lions or hyenas. The basic premise is that the carnivores eat the animal flesh raw, uncooked, unseasoned, un-marinated; nor are they selected by specialty cuts. In contrast, the gorilla, elephant, rhino and others are plant eaters, yet are some of the strongest animals on the planet. An ape’s digestive system is most like that of a human digestive system. The ape eats mostly fruits, nuts and plants as its main food sources, yet can easily tear a man from limb to limb by its shear muscle mass and strength. Where did its muscles come from? They were built from plant proteins.

Are you capable of killing a cow, pig, snake, monkey, zebra or other animal right now with your bare hands, slashing it open with your fingernails and subsequently chewing and digesting the raw meat, cartilage, organs and bone as is, while the warm pulsing blood trickles down your chin? Do your seed grinding

teeth have the ability to rip and tear the raw flesh, cartilage and crush bones into small chunks for your digestive system to process without impaling the bone shards into your small and large intestines? Did the spirit spark just flash before you?

The continued hollywood and scientific community fraudulent deception that cave man was a prolific hunter and lived off the dinosaurs is mostly contrived entertainment to reinforce the modern day perception that without consuming any of the food industry's animal meats and their byproducts, modern man will wither away and perish within a short period of time if there is no access to a fast food chain restaurant. Again, the gorilla, elephant, rhino and other extremely muscular and powerful animals do not eat animal flesh, but rather fruits, plants, seeds and similar foods. Is nature perfect or are the meat industries correct in their marketing and propaganda campaigns to increase their market share of murdered animal parts and their byproducts to consumers, all the while poisoning and shortening the human lifespan in the process?

The commercial marketing and propaganda machines continue perpetuating the false myth of mankind requiring meat to survive. Yes, mankind can live off of the many different fruits, vegetables, nuts, seeds and grains available around the world. These contain all the cellular building blocks (amino acid proteins) needed to build strong and healthy human bodies. Mankind can also eat other sentient animals when cataclysms or famine strikes throughout history. Similarly, a child can be taught to consume human flesh since its birth and may not think twice about it in their life until they develop conscious awareness; that it is morally unacceptable to do so and may also result in any type of kuru or mad cow type of disease of the brain, etc.

In reality, a person's body is composed of what they eat, literally. The nutrients are all consumed and are partially assimilated by the body. These are used to create new replacement cells that are in the constant life cycle of use and discarding. If the person consumes murdered cows, pigs, baby calf, chickens, fish, eggs and similar animal meats, basically

the human body becomes a morgue and cemetery for other sentient beings that are literally rotting within the human body avatar. You cannot plant animal flesh and grow a new animal. The animal meat is already rotting and contains residual adrenal gland excretions that were trapped in the bloodstream and meat at the moment it was murdered. That trauma of being killed is trapped in the meat itself (adrenaline) and no quantity of steak sauce will conceal it to your body's cells, it instinctually knows it was murdered.

In contrast, practically all the fruits, vegetables, nuts, seeds and grains can be planted into the soil and a live, new plant will sprout from it. The many seeds within them germinate and create life itself. If you consume foods that are alive and healthy, you are alive and healthy. These types of foods were specifically placed on this planet for human consumption and survival that were intended to give the human avatar a minimum lifespan of 120 years of age. Man has strayed and lost his way to now believe he cannot survive without murdering, seasoning, cooking and eating another sentient animal, just like the television commercials for hamburgers, fried chicken, steaks and many others pontificate to the masses that it is socially acceptable to do so, and encouraged.

The choice is clear, continue being a walking morgue and cemetery for murdered sentient creatures that are rotting within the human body avatar or choose those wholesome and nutritious sources of food that are alive and designed to maintain perfect balance and health within the human body. Moderation (1-3 small sized meals in a day) and only eating when there is actual hunger or an appetite is key to keeping the human body's digestive system functional, less taxed and not over burdened incessantly over the course of one's life. A phrase of gratitude that I have learned to embrace as part of my incarnate existence may also serve those carnivores and vegetarians who consume alive plants and murdered sentient creatures as part of their unnatural animal food consumption and lifestyle habits. Before the consumption of any live plant as sustenance, I recognize their existence and sacrifice, as such my mantra is:

“Thank you for your sacrifice so that I may live.”

Those many other injurious commercial products that are incessantly bombarded into the consciousness of the masses like beer, alcohol, cigarettes, carbonated sodas, processed foods, junk foods, artificial chemical candies and the many other chemical toxin laden products masquerading as artificial food should be bypassed. These types of processed foods are ultimately intended to continue the physical body's degradation, sterilization and formation of degenerative diseases that will result in a shortened lifespan. These many types of artificial and synthetic foods, if given to any human avatar or animal will immediately succumb to the many side effects and diseases that accompany their consumption. In many instances, accelerated death from cancer related illnesses is the default outcome.

Shifting the discussion to broader topics not related to wholesome food consumption, the consciously unaware individual can encounter a multitude of topics in life that can individually and collectively destroy the human psyche and body. These can range from political, religious, economic, medical, scientific and various others. In this instance, the topic will address the influence and effect of negative entities and energies. These can take the shape and form of its choosing. There is no hiding of negative or positive forces, just by its mere existence the difference between the two can be discerned. When an individual or group abdicates or submits voluntarily (free will) to negatively oriented forces, these can directly influence conscious awareness development and growth. The ideology and beliefs practiced by the negative groups are an abomination to human creation and existence. Their perverse views ultimately all lead down the path of auto-destruction, subjugations, suffering and pain of the masses. More importantly in this example, the blood of saints is sacrificed (murdering of unborn human babies) for their negatively oriented worship beliefs (abortion), losing their spirit-soul to the realms of negativity. May they quickly awaken to comprehend their dire situation and earnestly

begin the healing process to save their own souls. If not, their negative karma shall continue to circle back onto themselves, over and over until such time as conscious awareness can be obtained and corrective spiritual growth achieved.

In American history, it appears left leaning members of the US Supreme Court sympathized and overtly conspired with the ancient Babylonian baal-osiris-molech communist cult worshippers of human sacrifice back in 1973, under the Roe versus Wade court case. Since that morally and spiritually unlawful ruling was imposed upon humanity by a few jurisprudence zealots, who chose to legislate from their judicial benches in favor of the baal-osiris-molech-communist cult, and against the will of the one infinite creator and humanity worldwide, more than two (2) billion unborn babies have been systematically murdered around the world in just under 50 years. That is the unfathomable quantity of two (2) billion unborn saints that were murdered around the world by their mothers. Even the original protagonist (Norma McCovey) of that Supreme court case came forward years later, stating that she was coerced into lying about being raped in order to manipulate and influence the court case in favor of abortion (murdering unborn babies) and states she will forever regret what she did for the rest of her life.

Regardless if she is truthful or not, she was the catalyst for the greatest manmade loss of life in human history. Not just anyone can claim to have been able to deceptively convince humanity to murder unborn babies under a false pretense, but to have in excess of 2 billion murdered babies up to present day under your belt is worst than any dictator could ever have achieved. This number will continue to grow every year for eternity until such time as man can regain morality and conscious awareness to cease and desist from further spilling the blood of saints. She is directly responsible for the death of over 2 billion unborn babies, along with those who advocate for continued murdering of unborn saints even today.

The ritual of child sacrifice is known to have been practiced during the Babylonian period of human history. The disciples

of the ancient baal-osiris-molech-baphomet-lucifer-satan cults, and many other synonymous names, all share the belief and practices of their ritualistic cult. Their devout members would be required to sacrifice their newborn children on the altar of baal-osiris-molech, throwing them into the fire pits alive or stabbing to death with a sharp object. The murdered babies are not publicly thrown into fire pits in present day, they are ripped out, dismembered in uterus or suctioned out of the mother in pieces and thrown into piles of baby body parts, later bagged and sold to medical research companies (aka vaccine production and alike) that use or resell the baby body parts and aborted fetal material to produce vaccines and other unholy experiments. It was decades in the making; the continuous psychological propaganda seeding of the population by leftist and baal-molech communist cult worshipping supporters to accept murdering an unborn baby as a mothers “choice” and no one else’s. The Pro-Abortion lobby (murdering of unborn babies) was publicly successful in part due to leftist/eugenicist leaning sympathetic supreme court justices, along with a complicit mass media complex that over represented the minorities support for abortion which was and still is in contrast to Pro-Life groups which reject the murdering of unborn babies in the USA and abroad.

Those out of touch, manipulated and brainwashed individuals who ignorantly advocate for the continued murdering of unborn babies (abortion) around the world using the slogan “My Body-My Choice” without conscious awareness have been deceived or are complicit with the baal-osiris-molech-lucifer-baphomet-satan cult of sacrificing the blood of saints. The question begs to be asked - What would have become of those same unborn baby murdering advocates today if their own mothers had held the same views of immorality that they demand to be imposed as human rights today? These same pro-abortion zealots (murdering unborn babies) would likely have been killed by their own mother, and they would never have existed to voice their immoral beliefs of child sacrifice to anyone. Ironic, but true. Perhaps karma will manifest in a future life and they too will be aborted by their own mothers when the reincarnation cycle of life takes place.

The unborn baby murdering enterprise sponsored by the ancient baal-osiris-molech-baphomet communist cult worshippers, and ignorant followers of corrupt ideologies pontificated by their cult, is strongest amongst the easily fooled and psychologically manipulated masses of western civilization. Through academia indoctrination, talentless role model actors, musicians and irrelevant social media influencers, they all peddle their destructive and immoral beliefs to the unsuspecting conscripts that voluntarily choose to follow them for likes and social acceptance. Their critical thinking skills have been successfully suppressed via corrupted academia, rejection of God, lack of love, empathy and even common sense. The law and wheel of karma will always circle back on the individual as part of their life lessons. The school of hard knocks does not have empathy for the witless and complicit; it is righteous, just and to the point when it is needed to wake the individual from their fluoride stare and stupor.

Another aspect of this same negative cult of baal-osiris-molech worshipping lunatics is the perversion of the one infinite creator's human creations. The molech-baphomet effigy is considered to possess both male and female genitalia, thus a physiologically abnormal being from the human perspective of anatomy. Baal-molech-baphomet's followers voluntarily flip-flop and convert their children's sexes artificially (into their opposite birth sex) as part of their cult beliefs and practices to pledge and show allegiance to their dual-sex baphomet idol. The intent is to seek their false god's favor by sacrificing their children to the effigy. Only a sick and twisted mind that lacks morality would ever coercively or forcibly impose this transgender grooming and conversion of their pre-pubescent child. An adult has free will to do what they wish with their fully developed human body. A child that cannot even read or write is not consciously aware enough to self-determine that their essence is wrong for the body they inhabit and want to convert to the opposite sex, via hormone puberty blockers and a transgender sex change operation. It is horrific child abuse, nothing less.

The practice of involuntary child sexual conversion is commonplace with the many talentless hollywood actors, musicians, professional athletes and other irrelevant celebrity personalities who are followers of the cult. They typically convert at least one of their biological or adopted children from boy to girl or vice versa, by surgically transgendering them against their free will. Whatever happened to the slogan My Body – My choice (abortion advocates) from the baby murdering baal-molech cult worshippers and self righteous mothers to respect their choice to do whatever they want with their body? It seems it is not applicable for a child to have those same inalienable rights when it becomes inconvenient to their agenda of harming children in the name of their false god. It is all part of the idolatry rituals, intended to seek favor from their false god who they worship blindly and hide behind the façade of being a model citizen in the public limelight.

Secret cults of child sacrifice, genital mutilation, sexual conversion, sexual confusion and pedophilic sodomites, all to honor their dual sex false god, their light bearer (baal-lucifer-satan, nimrod, etc). What few have come to realize globally is that communism is the same cult religion of baal-molech and its worshippers. It masquerades as a political ideology when in fact it is an ancient religion of tyranny, despotism, zealotry, subjugation, humiliation and many other facets whose ultimate intent is to control the world population under one ruling class system. The goal is none other than the infamous one world government with the self declared elites of the world at the pinnacle of power. They believe themselves to be the descendants of gods from another realm in the stars and that they are hybrids or demi-gods. As such, they consider themselves to be the rightful rulers of the world. Their decree to the masses is none other than having inherited the bloodlines of their ancestors, ruling by divine right of kings.

In a consciously awakened populace, the thought of being ruled over by virtue of simply having a type of blood is considered offensive and rejected outright. Those who have not yet been able to break out of their psychological indoctrination programming will bow at the waist to the false

belief that they are inferior to their royalty leaders. The fear propaganda likely runs deep in all aspects of life in their country, controlling all outlets of thought and free speech to such a degree that the average citizen is clueless about who and what they are. They are truly a consciously unaware debt slave in their own country, stumbling through the bardo in ignorance with an intense fluoride stare.

These are only a few jigsaw pieces and snapshots of selected information that are presented in the aforementioned writings. These small excerpts are not all inclusive and provide only glimpses of the broader picture of living life and its many intricacies. The many different variables each tug, push, ebb and flow in all directions of life. It can be too much to comprehend at one time, like drinking water from a fire hose. It can be overwhelming unless put into context and appropriately apportioned to the individual's capacity to consume the knowledge without bias or prejudice. Is your spirit spark becoming brighter as we move forward?

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Chapter 3

THE WASTED YEARS (0-20): CONSCIOUSLY UN-AWAKENED

Lets follow a hypothetical, generic and artificially pre-orchestrated life journey in incremental 20 year segments of a young man or woman in a western country from birth, until their expedited physical death. Their whole lifespan of existence has been meticulously planned for, based on predictive programming statistical models to include consumer habits, eating habits, lifestyle habits and various other consolidated, compiled and analyzed data from previous generations of human behavior where the information was extrapolated from en masse. This statistically mined data is then used to plan for the future growth and development of global corporations to meet their expected labor and commercial needs, all the while maximizing their profit and minimizing losses. The goal is to reduce their lifespan from the default 120 years of age to as low as possible in the process of extracting human labor and resources from their targeted victims. Spontaneous life is not a random event, neither is the business of herding the global masses into major metropolises in order to maximize their manual labor, all the while living in modern day, Babylonian open air and wall-less vertical high rise prisons. This all results in life quickly passing by the consciously unaware individual; fulfilling a pre-determined and expected economic life cycle outcome that was never their own purpose for life.

The innocent and helpless child is born and is immediately vaccinated with harmful toxins, comprised of aborted fetal tissue, mercury and other injurious ingredients designed to cause inflammation and attack the human immunological

system. If the parents had been informed or even taken any kind of personal interest to know the dangers of all vaccinations, they would have never allowed this to occur and may have simply chosen to have the baby at home naturally, with a mid-wife to assist the birthing process in a warm water jacuzzi or simply in a bed.

The completely unnecessary and injurious first hepatitis B vaccination is typically injected within minutes of birth of the child. In the first 18 months of the child's life, it will on average receive twenty four (24) injurious vaccinations in the USA. In the first eighteen (18) years of life, the individual will receive at a minimum fifty six (56) vaccinations, not including the perpetual yearly influenza virus vaccine or exotic vaccines like yellow fever, plague, anthrax and so many others that attack the body and weaken the human immune system. If entering the military later in life, they will probably receive any quantity of bio-weapons grade engineered variety of pathogens (e.g. mycoplasma fermentans and others) that will damage their body and blood forever. The common name referred to is the gulf war syndrome or disease. It is one of the direct cause and effect sickness relationships with secret and involuntary human military guinea pig vaccination programs.

The undeniable and accumulated evidence of vaccination injury to the human body has been documented in history as far back as the fraudulent scientific charlatans and quacks like Edward Jenner (1749-1823), Louis Pasteur (1822-1895) and others up to present day. They have all committed crimes against humanity, criminal medical malpractice and promoted false science upon the unsuspecting populaces, supported by corrupt and incompetent governmental leaders of their time. The fraudulent and false science promotion of the "*Germ Theory*" of disease formation is still taught in medical and scientific academia today, despite overwhelming evidence that disease formation is typically the result of a chemical - nutritional imbalance (mineral and vitamin) within the human body. Once the cells are nutritionally re-balanced with the 92+ vitamins and trace minerals, the body achieves homeostasis once again. The lack of wholesome nutrition in

the western diet promotes the formation of degenerative diseases through the absence of required nutrients (nutrient deficiency) needed for proper functioning, thus creating subsequent dysfunction in any individual or collective organs.

Fast forward momentarily through history to the various different pandemics of the last 100 years around the world and anyone can see that the false science and medicine fraud continues to be perpetrated against the world's citizens. The many unscrupulous medical, pharmaceutical and chemical companies and their complicit sentinel co-conspirators throughout governments and industry around the world are engaged in global genocide (eugenics). The continually repeated slogan of "*the scientific method*" of science in scientific literature, academia, movies, television and other outlets is merely intended to keep the subconscious minds of the masses believing that the fledgling 200 year field of western medical science is always right, regardless if other medical information garnered over thousands of years can disprove the highly promoted false science of the conventional medical corporations. Time and again it has been shown that any pre-determined scientific conclusion can be obtained by skewing and distorting the data collected during the scientific method of analysis. Select the end result prior and reverse plan the study to meet the end objective. Tailored end results.

The end product is only as valid as the data put into it and transparently analyzed throughout the process. Unfortunately, many of the research grants to study any type of subject are financed by those corporations that will benefit from a positive outcome, all the while suppressing any negative findings in the process. The conflict of interest is purposely opaque in many scientific studies using the irrelevant scientific method of analysis. The corporate narrative pushed by the false medical science that only pharmaceutical medications, antibiotics, radiation and surgery are effective must be continued at all cost; enforced and repeated to the masses or the frail house of cards will come down when the population discovers they have been deceived all their lives. The human body avatar will naturally heal itself, provided the

spiritual occupant does not interfere with the process by continuously poisoning the body with toxic medications that only serve to impede and delay the overall healing process.

Should the unfortunate vaccinated child previously mentioned be fortunate enough to not succumb to death or autism from the vaccination contaminants, or some other horrendous side effect of the toxic vaccinations during its early years of physical development and formation, other harmful factors are then in play to continue the internal destruction of the human immunological system and body organs. The book ***“Healing The Symptoms Known As Autism”*** by Kerri Rivera provides real world healing and curing insight and the correlation of vaccines/parasite infestations. Several hundred confirmed cases of autism reversal are documented based on the cleansing protocol discussed in the book.

The ingestion of any type of potable water (municipal tap water or bottled water) that contains fluoride is directly and mercilessly destroying the child’s and adult’s reproductive organs, internal organs, pineal gland and teeth. Contrary to the false science narrative promoted to the masses via incessant television oral hygiene commercials every hour of the day, the Materials Safety Data Sheet (MSDS) for fluoride clearly states it is extremely hazardous to human health and causes death to all life forms.

In its undiluted state, liquid fluoride can eat through solid concrete. Toothpaste that contains fluoride typically has a health warning of human poisoning side effects if any amount of toothpaste is swallowed and to immediately contact your local poisoning office for assistance. Lethal Dose (LD) levels are dependent on size and weight of the child, but typically the ingestion of a single (1) tube of toothpaste by a child (because it tastes like mint candy and is swallowed) results in a 50% fatality rate. Basically, the child that brushes their teeth and ingests the toothpaste is directly injuring their internal organs (poisoning their body and all organs). The accumulation of fluoride in the body can have a destructive effect while slowly developing disease symptoms that can go undetected by an

uninformed person for many years. There are many different sources of toxic fluoride like fluoride fortified table salt, fluoride infused baby water, commercial bottled water and municipal water supplies can all poison their local citizens if any amount of fluoride is added to their potable water supply.

There is no safe level of fluoride ingestion, it is a poison. Previously, fluoride was disposed of in specially sealed hazardous waste containers and buried in special landfills due to its toxicity and harm to any type of life. Is it safe now because it is in human toothpaste and potable water sources? No, everyone who ingests the fluoride contaminated water is in health danger, no matter what the age. The practice of contaminating the potable water supplies will likely continue due to its depopulation characteristics which the eugenics sponsors support, until such time as human conscious awareness kicks in and the public demands the end of its use in all areas of human existence (toothpaste, drinking, bathing, food and irrigation, etc.).

Historically, the aluminum industry had to pay to haul this toxic and deadly byproduct off (fluoride), and bury it in special containment landfills in past decades. Many aluminum industry workers and local residents surrounding the factories suffered irreversible physical harm and early age death over time. There are many locations around the world that are now dead ecological and human habitation zones because of the contaminated soil with fluoride, no longer habitable for man nor animal. As a result of unscrupulous business practices in the aluminum industry at the time, they may have focused their efforts on lobbying politicians to pass legislation that allowed them to sell and infuse fluoride into the municipal water supplies in diluted form, instead of properly and safely disposing of the toxic wastes in secure landfills. Mankind's greed, lust and idolatry for money is found all around the world. It is blood tainted, negative karma money that should be avoided in life.

The false claims, with fraudulent medical studies, that the scientific method of science proved that fluoride was good for

human teeth continues to this day in the scientific, dental and medical fields. The complicit political prostitutes of their day sold their souls to the aluminum industry and not only legalized the disposal process to generate revenue, but the politicians then mandated it be implemented throughout the land and injected into the unsuspecting public's drinking and bathing water supplies in furtherance of the eugenics lobby. The ingestion of fluoride orally, through the skin pores or inhaling in steam vapor form destroys the teeth, bones and organs making them brittle, discolored and physically deformed as it accumulates throughout the body.

Note: The psychologically and socially implanted initiative to convince adult couples to only have only one (1) offspring child is designed to deceptively reduce the native population of that nation by its government, and global population overall as part of a broader eugenics human population culling program. If one mother and one father only have one child, they cannot statistically maintain the previous generation's repopulation ratio. Two (2) children are needed to backfill the mother and father merely to sustain population replacement birth/death rates. If there is a shortage of one (1) child per family, this artificially reduces the population replacement growth in the short and long term. Why would any government or country subliminally or overtly encourage or mislead their citizens not to effectively procreate and at least produce the next generation of replacement population at a bear minimum by having at least two (2) offspring children during their lifetime? The answer lies somewhere between the different eugenics programs and the mass importation of foreign populations designed to dilute and destroy the native population of any sovereign nation state thru population infiltration and demographic replacement. Any nation that maintains its national identity and sovereignty is considered a threat to globalist cult agendas which represent future potential resistance groups. A diluted and unrecognizable population becomes more easily controlled and subjugated.

Moving forward, as the child enters the first phase of its academic disinformation and indoctrination process (grades K

thru 12), it will be exposed to false science, false history, false medicine and false knowledge. Similarly, if the child is reared by absentee parents that resort to television parenting and day care, then it will further devolve its ability to think for itself. The many irrelevant television shows, sports events and basically garbage level visual stimulation is assimilated as factual history, science and socially accepted behavior in many cases. The many revisionist movies changing actual history for entertainment in some cases, but mostly with the intent of erasing true history that promotes the nuclear family values, integrity, morality, sovereignty, critical thinking, responsibility and many other desired character traits is replaced with those of the opposite spectrum. The psychological process of cultural demoralization, sexual dehumanization, gender confusion and social retardation behaviors all join in for the making of a dysfunctional citizen.

At the end of their academic indoctrination process, the self-loathing, gender confused, unpatriotic and low self-esteem individuals who succumbed to the dumbing down educational agenda will be internally tormented about their purpose for life and living. The belief and desire for self achievement and creativity will have been stripped from their psyche in exchange for dependence on others to make it in life, seeking their pre-approval in all things to validate their existence; all the while blaming society, family and everyone in general terms that they are owed something in life. It is unfortunate that these individuals basically had their entire future life stolen from them.

It is not their fault they were manipulated and lied to, that is the intent of the globalist corporations and their baal-osiris communistic ideology for global dominance and control by the few at the top of these conglomerate structures. Only those individuals who can break through and achieve conscious awareness in time may have an opportunity of self discovery, escape and healing. Only after the true knowledge is obtained and compared with their artificially created life can the individual consciously choose to be or not to be in life. Their future life is in the balance; if the spirit spark of conscious

awareness is not ignited, they will likely suffer and struggle through life blindly until they awaken or perish in the process.

The academic responsibility of preventing the destruction of a human mind, or stripping of their individuality is no longer to be found anywhere in public academia. This responsibility has long since been abandoned and destroyed long ago by an infiltrated ancient religious cadre of baal-osiris communist cult educators who are considered traitors to their communities, nation and fellow man. Their academic and ideological subversion of the young and malleable minds of the future will have resulted in the generational disconnect of values, morality, responsibility, integrity and ultimately, if not corrected quickly, can result in the embracement of those negative values that go contrary to freedom, liberty and the pursuit of happiness. It is never too late to take corrective action, but there are those who are too far gone to comprehend they are merely useful idiots and pawns in the global infiltration, subversion, domination and ultimately, conquest of a nation and its proud people over time.

The main proponents over the last hundred years have been the global communist ideologues, along with the Democratic Party (formerly known as the American Communist Party) in the USA. The Republican Party of present day is but a lap dog of the neo-con, war mongering globalists, offering only token ideas on governance while abdicating all responsibilities to the Democrats. In reality, they are one in the same party, the Uni-Party and do not represent the American people. Similar political structures can be found throughout the many western nations, but under different catchy names. All free nations have been infiltrated, subverted and are in a state of social upheaval due to the globalist-communist infiltrators and their political prostitute, co-conspirator legislators.

Those who research true and not revisionist history will have discovered the many human atrocities committed by communist governments against their own people. Major death estimates attributed directly to communism of the last century include Soviet Union - Russia (Bolshevism-61M

deaths), China (famine - 78M deaths), Ukraine (Holodomor - 10M deaths) and many others to a lesser degree. Revisionist history is rampant in academia and hollywood, suppressing and deflecting communist responsibility for their crimes. Both are infiltrated, controlled and support the baal-osiris communist cult and the socialists - marxists sidekicks who are basically one in the same. Socialism-marxism being the smaller cousins to communism. The baal-osiris-nimrod worshipping cults that align themselves with communism merely masquerade as a protected religion publicly, all the while subverting the nations they immigrate to, infiltrate, blackmail and ultimately destroy from within. Not too unlike a virus that invades its host and parasitically feeds off their life force until nearly dead, and then jumps to another fresh host to continue its life cycle, leaving the other to waste away in its final breath of life. Such are the religious baal-osiris communism cult followers; degenerate and sodomite parasites that leach off of others who have extended their hands out in friendship and compassion. No good deed goes unpunished.

Such are some of the physical, emotional, spiritual and educational influences and threats the generations of today experience in the first 20 years of their physical, mental and emotional development. Only a strong nuclear family bond, loving family, friends and moral society can nurture a positively oriented individual with righteousness, integrity and conviction of thought.

To mitigate the potential possibility of any young child or adult achieving any semblance of independent thought, morality, integrity or critical thinking abilities, the useless and unnatural emotion of fear is incessantly and purposefully bombarded onto the psyche of the individual at all levels of development in their life. Whether it be through negatively oriented television shows or cartoons, revisionist historical cinema movies, morally corrupt society, irrelevant pied piper role model influencers, sexually predatory clergy, compromised ideological teachers, rampant pornography exposure or others, the intent is to break the individuals' independence and free thinking abilities.

This is all accomplished through the many different indoctrination and propaganda protocols in order to spread their destructive messaging via communistic ideologies to the unsuspecting masses around the world. Through false history, false science, false medicine and false knowledge, all are reinforced via corrupted global educational systems. These are designed to suppress critical thinking skills while rewarding the regurgitation of irrelevant and corrupted historical information as the litmus test for higher intelligence. Many animals can be trained to repeat targeted responses or functions, but what capacity for higher reasoning can be expected from their limited development? The “I think, therefore I am” statement is indicative of a sentient being who has critical thinking skills and is self aware. Is the memorized recital of any information indicative of conscious awareness or simply a lesser level of development if there is no higher reasoning involved or required to reach any type of independent conclusion?

Education without critical thinking and reasoning skills will merely produce a passive and obedient citizen who can potentially regurgitate useless and inert information on demand that was memorized during their academic period of indoctrination. Anyone who dares challenge the status quo is categorized a misfit and branded socially as an undesirable for their projected utopian communist society. Those who do not have the fluoride stare will likely be targeted for reeducation institutions en masse at some point in the future.

In conjunction with corrupt academia, the modern day armchair gladiator sport called football, soccer, baseball, basketball and other population mind control entertainment outlets serve only one purpose, to distract the recliner seat and TV dinner masses from discovering the world around them and their rightful place in it. TV is intended to keep the population distracted, docile and in line. All the while reinforcing the global control agenda messaging and attacking any consciously awakened free will dissenters. Basically, TV is an adult day care center and big brother babysitting platform broadcast daily, to ensure complete obedience and compliance

to the control agenda. It is spewed without mercy into the psyche of its fluoride stare victims. Instead of proactively reading and researching for knowledge, the individual is coerced and influenced to partake in organized sports in their youth, ultimately with the intent of making them a life long fan or participant. No child or teen should ever consider participating in any type of organized contact sports that will injure their still developing and growing bodies. Any worthy sport should develop the intellect and motor skills, not inflict permanent physical or psychological harm.

A fifteen year old boy participating in contact football in school will only result in sprains, bruises, dislocations and broken bones. In most cases, a life long injury that was completely avoidable, if not pushed by school athletics and fanatical parents that want to relive their own youthful hardships through their children. Perhaps the father sees it as a passage of rights to some end, whereby the boy becomes a man. In reality, the consciously aware father would likely promote real intellectual and factual academic development over a sport that does not provide any lifelong benefit. Again, the intended objective by global corporations is to develop a new, lifelong consumer of sports products and drinks, all the while distracting the individual from becoming consciously aware and thus, never breaking free from the invisible chains of corporate influence and ultimately, psychological bondage.

Not to be outdone by the previous areas of mass indoctrination, the war for the child's mind as it relates to their sexuality is on full scale attack in present day. In past decades the term was "tolerance" for abnormal sexual preference. Fast forward a few decades and the term is now mostly "submit bigot to pedophilic homosexuality and transgenderism or else". What a difference a few short decades make on sexual tolerance. Where before an adult was considered free to choose their sexual orientation, today the focus is on converting a pre-pubescent child into a gender neutral one, and immediately promote the consumption of hormone puberty blockers to begin gender conversion therapies as soon as they can walk or speak. This is referred to

as child abuse in past human history, regardless of the nation. This is not by accident, but directly related to the ancient religious baal-baphomet communist cult which romanticizes gender duality, sexual conversion and pedophilic practices as part of their religion. This in itself is the continuation of the previously failed utopian vision for sodomites and degenerates from the God destroyed baal cities of Sodom and Gomorrah.

The sexual deviates of the Weimar Republic in Germany, just after WWI and before starting of WWII were also well on their way to rebuilding their previously destroyed baal degenerate culture and cities. Hitler quickly brought that to an end when he came to power and burned the many pornographic and homosexuality books that were publicly rampant during the period that was undermining the morality of the nuclear family and of its people. The Weimar Republic was the world's most prominent Sodom and Gomorrah of the modern times. Hitler partially brought the baal-baphomet communist cult to a public end during his reign of power. Not too unlike today where pornography continues to destroy the moral fiber of the many western nations that permit the degenerate smut to be marketed to the young, malleable minds via internet and TV.

Baal-osiris communism is basically repeating its attempt to subvert and undermine all western nations through gender confusion, pornography and degeneracy of its people through dehumanization of the divine female, making all mothers, sisters, daughters and wives nothing more than sexual objects to be abused and discarded as immaterial. Turn on the television and watch any music video to see firsthand the role models that are teaching the young minds (boys and girls) how to be slutty, promiscuous and whorish, at the cost of their self respect and future happiness in a loving nuclear family.

The acceptance of any type of political, ethnic, religious and other differences among its citizens is a logical step in any cohesive society. However, to demand adults (pedophiles) be allowed to have sex with children as a sexual preference, in lieu of what it actually is (child rape) is a threat to any developing child and society. A child who may not even have

reached puberty is encouraged to become a transgender child at the behest of psychologically disturbed parents, sexually deviant predators or irrelevant pied piper influencers is a bridge too far to accept. A woman can have an abortion (murder their unborn child) in the western nations and it is deceptively claimed that it is “her body – her choice”. How then is it acceptable for a pre-pubescent child not to have a say in whether they want to change their sex genitalia or be raped by an adult before they are emancipated or become an adult? Again, the hypocrisy does not go unnoticed. It ties back to the baal-osiris communist cult. There are no coincidences and they are “all in” to succeed with their destructive agendas.

Once again, the developing child faces attacks to their individuality and physical integrity. To not submit is presently deemed as racist or some other nonsense, masquerading as virtue or righteousness of the oppressed in some depraved manner of thinking. A child should not be coerced, forced or psychologically manipulated into allowing themselves to be groomed for the sexual gratification of pedophiles or psychologically disturbed parents guilty of child abuse. In previous times, it was enough pressure to conform and be socially accepted as is, and now to have to demean thyself to sexual depravity of adults and their sodomite fetishes is criminal and goes against a moral and ethical society. This example is yet another of the challenges facing a 0-20 year old growing up in a western society that has lost its moral compass, infiltrated by the communist ideologies of those baal-osiris pedophiles behind the agendas. They are in full swing and operation to capture their minds and bodies.

The emotion of fear is not to be feared, but rather understood and discarded as an irrelevant and artificially created emotion. A newborn baby is not born with fear, it is learned from its parents and environment. As the decades pass, the individual believes fear to be part of the natural order of life, when in reality it is an artificial construct designed to maintain the global population passive and under control. There is a reason why horror movies are incessantly played in theatres and TV, it is to keep the public’s psyche in perpetual fear.

Religion is a perfect example of a purposely contrived, developed and perfected control structure designed to self-benefit the institution through fear and coercion. Religion serves no other purpose than to amass power, wealth, property, influence and control in order to continue its reign over those who would allow themselves to be ruled over. Those who fall prey are the unwilling psychological end products of academia and society. They are rewarded for voluntary submission and subjugation, while punishing those who can see through the man made façade of manipulation by threatening them with eternal damnation or suffering a life in the artificially invented and promulgated philosophical hell.

Returning back to less philosophical concepts, the fraudulent food pyramid chart hoax taught to practically all young students at the beginning of their lives sets the foundation for improper nutritional selection and consumption as their bodies continue to mature. Those harmful and injurious foods that are broadcast non stop on television commercials continue to promote the many animal meats in the western diet that will later in life result in Arthritis, Diabetes, Artherosclerosis Heart disease, Gastrointestinal disorders, Prostate cancer, Breast cancer, Lymphoma, Parkinson's disease, Psoriasis, Alzheimer's disease, Eczema and so many other completely preventable and curable degenerative diseases. The food chart pyramid is merely false health science.

Once the improper food consumption lifestyle has taken hold in the young child's psyche, it will become very difficult to alter or modify their food consumption habits without conscious awareness being awakened. The irrelevant football, basketball or baseball games on television, and the rampant back to back commercials for fast food consumption like pizza, fried chicken, alcoholic beverages, hot dogs, ice cream and the full spectrum of corporate sponsored products broadcast into the eyes and mind of the viewer are designed to reinforce what was learned by previous generations of the food pyramid hoax; along with the continued indoctrination of the newer generations of lifelong consumers for the same product line. If my parents eat product X, it must be good and therefore, I

should be like them and also eat product X. Monkey see, monkey do, no independent or critical thinking required.

Awaken the spirit spark of conscious awareness and a new probable life and future will emerge before your eyes. The alternative is to live in the world of ignorance, which in itself is a horrific life and death. At the end of your life, only when you are out of body and reflecting back upon your human incarnation will you remember who you are and what your life purpose was intended to accomplish. While your peers, who became consciously aware, continue their spiritual evolution, you may indeed find yourself back on the wheel of negative karma and recycling back into another life, with the same exact life lessons to repeat over and experience once again.

It is not fun to repeat second grade, year after year while your peers are now in college or have their spiritual PhD's. Awaken, it is your destiny to become consciously aware now in your life. That is why you have this book in your hand, awaken your consciousness with purpose and manifest your intended life lessons. By doing so, you may catch up to your peers and finally break free of the infamous wheel of karma and not need to reincarnate again. Living life in the bardo, sangsara or samsara (take your pick) is not an ideal path to follow.

What are some options or countermeasures available to mitigate, counteract and address the aforementioned and diverse topics which act as a gauntlet for all to pass through, almost as a passage of rights? What can be done to minimize the possibility of permanent physical, psychological or emotional damage and revert those of negative influence to a more positive outcome? Anyone aspiring to build a loving nuclear family must research and learn for themselves the many different topics aforementioned. The degree of immersion in any subject will reflect the person's commitment to that end. If the work is not worth the effort, then you will fulfill your manifest destiny of predictive programming statistics, and condemn your descendants to the same end. It should not be a difficult decision to make, once any level of conscious awareness is attained.

Your free will choices shall ultimately determine what befalls your family and yourself. An individual who is seeking true knowledge for the good of self and others will not complain or procrastinate, but will take the bull by the horns with a thirst for true knowledge. They will want to learn about childbirth at home, wholesome nutrition, toxic vaccinations, poisoned fluoridated water, toxic mercury tooth fillings, physical exercise for good health and others like researching the school system the future child will attend. If it is not worthy, then perhaps consider home schooling as an option. Avoidance of electronics like smart phones, social media platforms and the sexual predators lurking in the religious and internet shadows, purposely masquerading as minors to illicit compromising photos from your child, only later to be blackmailed for more or they will be exposed, etc. A quote attributed to the vow of the Bodhisattva:

“I seek my own enlightenment for the sake of all beings.”

- Vow of the Bodhisattva

The list is endless for a 0-20 year old child in development. This is the most critical period of development as it is the foundation for the rest of their life. The countless predatory and abuse traps are a daily event, traversing through them like walking in minefields day in and out. The guard should never be let down. Historically proven sexually deviant pedophile predators like religious clergy should never be allowed to be alone with a young child. Always accompany the child and believe them when they make claims. If the trust is broken, they will never trust the parent again, leading to further emotional isolation and faultless guilt of being abused sexually.

If the conscious awareness foundation is weak, confused or corrupted, so shall the rest of the life be unstable until such time that the foundation can be positively reinforced or rebuilt all together. It may be difficult, but not impossible to achieve. A major factor that must always be considered is the inner circle of family and friends. The old saying is “show me who your friends are and I will tell you who and what you are”

holds true around the world. Basically, if you are surrounded by positively oriented and moral people, so shall your personality likely be. The converse is also true; if you associate with negatively oriented people with drinking alcohol, drugs, deviant sexual behaviors or other nefarious activities, then you are likely birds of the same feather (alike). A quote attributed to Aesop:

“A man is known by the company he keeps” – Aesop

If possible, physically distancing from negative influences may be the only solution for a young person in physical, spiritual and emotional development. It may entail physical relocation to another city or state in some instances. If not possible, then more parental companionship may be another solution to impede negative external influences from destroying the psyche of a child and potentially a human life if deceived into surrendering its identity and body to malevolent individuals who abuse them.

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Chapter 4

THE GROOMING OF A SLAVE (20-40): DISCOVERING THE DECEIT

When the individual male or female has finally broken free of the false knowledge academic indoctrination institutions (grade K thru 12) and possibly survived through the painful gauntlet and passage or rights initiations like puberty, evading pedophilic religious predators, awkward dating, pregnancy, gender confusion, drugs, rape, driving and the many other milestones of this blurry period of human development, then they are ready for the next series of life traps. However, they are finally free to spread their autonomous and independence wings and explore whatever their fancy is into the global society as a legal adult. They now await the new ritual initiations and gauntlets that are just as diverse and perverse as they were in their first 20 years of life.

They have now transitioned from being an indoctrinated student of the meaningless and regurgitated false history, false science, false medicine, false knowledge and other topics that are generally useless in society and merely intended to obtain the basic skills in preparation for their next phase of life. They can now get a job in the customer service field of any fast food chain with their newly acquired communication and math skills needed to take food orders and calculate the costs of the restaurant check that must be billed.

Upon graduation of their first 20 years or so, they have been initiated as a new debt slavery citizen. The typical welcoming into this new phase of life is being offered as many credit cards imaginable and quickly accumulating as much debt as possible with the highest Babylonian usury interest credit cards

available. These are offered incessantly to the new work force citizens via the mail who quickly incur massive levels of debt, all purposely designed to achieve the perpetual social status of a modern day debt slave and indentured servant.

Some will transition hesitantly and slowly, while others willingly abdicate their future existence into this new phase of life easily. Others may be afraid to make any type of decision unilaterally while some simply reject it outright all together due to the evolved conscious awareness of their situation. They reject the financial dead end entrapment life offered to them in the form of unsecured credit access with high usury interest payments (if anyone can call lifelong debt slavery a life at all). Each individual's actions will be indicative and reflective of the success or failure of the indoctrination programming they received during the early years of forming their beliefs, goals and critical thinking skills.

Some may continue furthering their educational aspirations in order to reach higher levels of academic indoctrination and programming with additional degrees in their fields of study. Those individuals that are averse to working in any capacity may merely seek to evade any responsibility for self and instead, work towards a teaching position, then teaching to others what they have learned of the false history, false science, false medicine, false knowledge or any other specialty area. Basically, they become the professor who regurgitates all the false information that they have gleefully assimilated to their artificial reality, perpetuating the misinformation life cycle.

In other instances, the individual may seek a career path in any vocational or professional field as an employee of a civilian company. If they have broken free from the educational indoctrination programming that promotes helplessness and dependency, then they can make the transition from an employee mindset to that of an entrepreneur or independent business owner. An independent and self assured mindset of confidence to start and run their own business in any area of their choosing should be the aspiration of every individual, not one of dependence. Those

others who choose the military field will likely receive an advanced apprenticeship in family and personal hardships in many areas, with limited opportunities for spiritual growth or even financial achievement of any significance. The military can provide many other benefits that are not monetarily associated, but rather life learning lessons that revolve around life, death, camaraderie and others. Each life path choice selected is reflective to a large degree on the individual's level of conscious awareness at that snapshot moment in their life.

If the individual continued on the path of generic higher level academic accomplishments, they now technically have more marketable skills on paper that place them slightly above the food services or manual labor industries. They are now classified as an apprentice or intern at a small or large corporation that is not much different than the many social caste systems around the world. Start at the bottom and work their way up, unless they have connections that can advance or catapult their standing in the company more rapidly. Most will not fall under the above category and will assimilate into the group think, bee hive mentality of existence. An occasional spotlight employee, who wants to make a name for themselves by standing out, may sprout up from time to time. They may attempt to stand out from the masses through social influencing, while others attempt to achieve recognition through their hard work and commitment to the company. Which one ultimately succeeds is dependent on many variables. In the end, no good deed goes unpunished.

If the individual has opted to relocate to any major city or metropolis with the misguided belief that therein lies the many opportunities to professional and economic advancement, their terms and conditions of human existence are radically altered from previous experiences. The housing, food, transportation, recreation and leisure expenses may not equally balance out with their projected salary income. In the end, most will endure completely avoidable life changing hardships as part of their pre-planned sacrifice for living and working in a major metropolis. The individual's naïve approach is expected by those who control the high rise prison

cities, and their privileges; thus maximizing the possibility for unnecessary human suffering, sexual exploitation and economic hardship. The new debt serf voluntarily submits to the financial extortions demanded of their salary and quickly finds the most affordable living location that allows for scraps of food to also be purchased with their remaining meager wages. All the while, the predators lurking in the background.

The debt slave serf ultimately finds themselves living in a studio apartment with prison cell dimensions, that is physically guard-less, but is an electronically surveilled high rise prison city. The prison laborer's earnings are debited or deducted for the upkeep of the prison streets, health insurance, social security, SUI, FUI, FICA and the many other deductions are retitled as other "taxes" so there is an air of legitimacy placed upon the withholding of the earned salary. The remaining money is then used by the voluntary debt slave prisoner to procure unnecessary and material products. The same ones that the corporations incessantly market to the prisoner population (consumers) 24 hours per day by all available means on media platforms.

What little money they had to potentially save continues to be siphoned off by fees, Value Added Tax or other monetary extracting scams. Is it any wonder the bulk of the city dweller prisoner populations live from day to day with their wage earnings? Very few are fortunate enough to make it economically from paycheck to paycheck every week or even month to month. The method of control has always been intended to maintain the perpetual model of debt slavery and population subjugation since the beginning of the industrial revolution. Large corporations require cheap human labor; what better way to achieve that than by enticing the rural citizens and illegal immigrants to depress local wages artificially? It keeps the corporate businesses producing great sums of revenue earnings, year after year at the expense of cheap labor force wages and those unsuspecting debt serfs that sacrifice their future lives and happiness for the benefit of the global corporation's quarterly and yearly profit earnings, and of course their CEO's and executive's bonus monies.

After several years of struggling day to day and year to year, an individual can assess their accumulation of wealth by their bank account that also extracts their fair share of monetary sweat and blood in the form of ATM and monthly fees, etc. If after 5 years of debt slavery labor the balance sheet indicates much less than expected and increased debt has been incurred, it is deduced that most of their earnings were allocated for student loan repayments, housing, food, taxation and other related expenses needed to exist in the Babylonian, open air high rise prisons. Two steps forward is rewarded with two and a half steps backwards. Whatever money is earned is quickly taken back in order to once again perpetuate the indentured servant's indebtedness and keep them from progressing out of their economic debt slavery and human labor bondage chains.

If two young and unfortunate debt serfs happen to find and become attracted to each other, amongst the millions of fluoride stare zombies who also wander the streets within their prison city called a metropolis, they may foolishly choose to commence an amorous relationship. Even more foolhardy is the desire to form any type of a normal nuclear family within the physical and moral confines of the Sodomon and Gomorrah prison cities of the baal-osiris-molech-baphomet-nimrod-lucifer communist cult inspired corporate rulers. A metropolis is not conducive to raising any type of normal child, but rather one that is physiologically, psychologically and emotionally unhealthy. The child will ultimately grow biased into protecting and defending his cold concrete environment home. The noise pollution and socio-political distorted beliefs normally aligned with psychosis add to the defense of his way of life. Any offspring born or raised in the metropolis are condemned to identity politics of that metropolis or political party in power over him. He will embrace those self destructive beliefs against his own value system, that have been purposely and methodically stripped from his conscious awareness since birth. Have you ever conversed with a full-blooded city slicker? Case closed.

His or her values were likely repeatedly destroyed in the K-12 academic institutions by withholding and denying the

knowledge to set them free in life. Add in the peer pressure of those many others who are fully vested in the deceit, they too will help crush any glimpse of individuality or creativity which may lead to critical thinking and independence. The collective group think mindset will return the errant spirit spark back to his prison cell to be reeducated if he has strayed from the programming. Those individuals who reside outside of the confines of the metropolis's territorial prison boundaries are to be considered uneducated, ill informed and useless members to the corporations that suppress individuality by those within the artificial construct. Once the mind has been molded in a certain context of distorted beliefs and false realities, and it is denied relevant information that can challenge or collapse the previous false knowledge or belief, it is doomed to that existence. A quote attributed to Voltaire:

“To learn who rules over you, simply find out who you are not allowed to criticize.”

- Voltaire

The only method of liberating and freeing a consciously unaware mind is through true knowledge. Only when the individual can research independently will he discover the anomalies of his lifelong academic and social teachings, thus leading to more questions of incongruity. These truthful answers can ultimately set him free of his voluntary bondage, physically, mentally, emotionally and spiritually if not rejected out of artificial fear. Only then at that moment can he learn real truth of his predicament as a debt slave and indentured servant status to the corporation and political party that rules over him and his future descendants if they remain in that metropolis. A child born into a high rise prison captivity is basically born to become a debt slave and servant to those that own and govern over him, despite what he may independently believe to be his true calling or manifest destiny.

A slave is a slave if they are afraid to venture out of their artificial constraints placed on them. Like a bird who is afraid of leaving its open door cage because there may be a cat out there somewhere. Instead, they stay inside the cage where

there is enough water, seeds and has their own living space (a cage). The outside world with trees, sunshine and other majestic amenities are too dangerous and should be rejected according to the one who raised and indoctrinated the bird from an egg to adult. Do you see any sparks yet?

If an individual is fortunate enough to discover on his own, or by accident, the financial and emotional predicament of his choices during this period of life, he or she may be capable of reversing the doom and gloom future that potentially awaits them in a metropolis prison and elsewhere. Assessing their present overall situation, determining and setting goals for the future, and implementing strategies to achieve that end are primordial for any type of plan to be successful. Hard choices and lifestyle changes likely fit into the realistic solution for any economic and social liberation to be achieved.

A likely outcome will be to voluntarily abandon the metropolis high rise prison incarceration lifestyle and head to the rural or countryside in order to begin anew. It is never too late to start over. Each new commencement is an opportunity to forgive your past mistakes and begin a new future filled with mystery and challenges. In the end, this is the only viable route that can ensure some sense of physical health, financial security, emotional stability and spiritual growth. Leaving the big city lights in the rear view mirror can break the indentured servant debt slave bondage mindset and cycle that voluntarily and psychologically keeps most of the metropolis's prisoner populations from fleeing en masse to the countryside.

Once physically escaped and emotionally detached from the past debt slave incarceration experience, the outstanding financial obligations can be addressed and actual accrual of savings may begin to transpire whether as an individual, partnership or nuclear family unit in general. The pooling of resources to become financially free is liberating. The many different unsecured credit card offers and delayed payments of purchases are financial traps set to bring you back into Babylonian usury debt slavery and must be shunned at every opportunity. Once a mind is consciously awakened, it cannot

be involuntarily put back to sleep unless it is the spirit sparks voluntary intention to do so. Why would anyone desire to return to an indentured servant status ever? If yes, could it be due to the artificially created emotion of fear of the unknown?

An effective strategy to becoming financially independent has always been to pay in cash whatever appliance, vehicle, home or other product is desired. If the cash is not on hand, then discard it completely or wait until the cash is accumulated to procure the item. In many instances, the request for cash payment discount may add savings to the purchase vice a credit card payment. If a credit card payment must be used, have the cash available for immediate payment of the credit card statement before it is due each month. This type of strategy has been shown to be effective in managing the flow of money and purchases. Any used vehicle purchased in cash does not require auto loan usury interest payments or even full coverage automobile insurance. A financed vehicle requires multiple insurance policies against the loan value, full coverage insurance for collision and Babylonian interest payments. All those expenses can be saved and put into your savings piggy bank and used for other potential business endeavors or projects.

The purchase of any type of home requires money, whether in cash or bank loan equivalent. The home buying propaganda slogans after World War 2 in the USA have mostly involved marketing the event as making a dream come true. The dream of every person is to own their own home and become a standing member of society. The reality in today's predatory financial markets and home ownership revolves around entrapping as many unqualified or financially borderline individuals to request and obtain a home loan. The subsequent insurance policy, mortgage title policy and the other accompanying costs all serve to strip the pending homeowner of cash by nickel and diming him to death with fees and charges. The local and state governments piggy back onto those expenses by imposing property, educational, road, water, street lighting and taxes of all kinds on the homeowner, depending on the state or country they reside in. Those who

cannot keep up with the payments are foreclosed upon and they lose all their investment capital. The banks and financial lenders quickly recoup their original property value, plus whatever capital was paid by the former home owner.

Once again, a cash payment of a home (which is untenable in most cases today) would bypass the many finance usury vultures that prey on consciously and financially unaware consumers. It may be better to rent a room, live with family, buy a trailer or even purchase a recreational vehicle (RV) for a while to save money temporarily and accumulate capital.

The perpetual justification excuse of the first time home mortgage interest deductions on individual yearly income tax filings are a pittance to what the banking institutions garner from the ill informed and soon to be home owner debt slave. In a 30 year mortgage loan, the Babylonian usury interests payments alone may exceed the original capital value of the home by 2-3-4 or more times. The most beneficial financial route is to pay cash when possible or accelerate the capital payments from 30 years to 15, 10 or even 5 years. Even better, live modestly early on in life and accrue wealth in a few years that will allow for cash purchase of a home in less than a decade down the road. Purchase some land and throw a trailer home on it as an alternative to buying or building a full house on the property. The message here is to live within your means.

At one time in western civilization, a person could own their own home by constructing it himself or buying outright. There were no property taxes, municipal taxes or income taxes. As a result of baal-osiris-molech communistic leaning political prostitute ideologues implementing the debt slavery system, extorting monies from all citizens via income taxes, property taxes and alike, no man or woman can lay claim to any land or property as their own since that time any longer. The moment any taxes are not paid, the local or state government can seize the property for delinquency in tax payments. Even if the house and land was previously paid for in cash, this implies the land is still not yours per se, it belongs to the state. You may own the structure, but they own the land that is below it.

The erosion of individual property rights has manifested and grown over the last century with each new generation of political prostitutes and despots as part of the continued destruction of the middle class and its strongholds (e.g. nuclear family). Debt slaves are not intended to prosper and become financially liberated. The corporations and despot rulers abhor the idea of free men and women having control of their own destiny. These free will and critical thinkers pose a clear and present danger to their long term intended, global control structure. If these free thinkers were to take any political office, they may usurp the status quo of pilfering the financial coffers and holding accountable the criminals in government. A candidate who called for the revocation of all income and property taxes would win office, hands down.

In the major metropolis's around the world, it is a common occurrence whereby the property taxes imposed by the local "progressive" politicians (previously known as the baal-osiris-molech communists) can easily surpass the value of the property in only a few short years. Those high tax governed cities and states hold the homeowner hostage by extorting revenue in the form of higher property taxes, highway vehicle tolls, highway road use fees, parking tickets, garbage fees, emergency services like police, fire and ambulance and many other fee garnering inventions of those in power, continuing to oppress and extract endless revenues from its populaces.

After recognizing some of the most common Babylonian debt slavery traps, what are some methods of taking back control of a person's life? There are multiple potential responses to each different scenario and individual situations, thus cannot be captured in its entirety. The common themes are first to relocate from the existing Babylonian open air and wall-less high rise prisons to a rural or country side location that is more economically sustainable and can grow their own vegetables and fruits, even if the wages are less than that of the metropolis. There is likelihood of having more buying power in the country as the costs for goods and services is expected to be much lower than any metropolis, including cleaner and potentially unprocessed food. Also, paying in cash

for goods or services like used vehicles, appliances, homes or any other product; never using a credit card unless it can be paid immediately before any Babylonian interest payments can accrue. An important detail is to be a member of a community with like minded ideas, values and belief systems.

The paying off of any existing debt (credit cards or loans) with high interest rates should be considered as a goal, until all debts are paid off. Avoidance of accruing any type of new financial debt is paramount. Finally, developing a savings or investment strategy (keep money out of banks) that can be used for future projects like starting a family business from home or starting a retirement savings plan (piggy bank in gold and silver coins). It is always more important to put food on the table and provide a roof over a family's head than it is to pay unsustainable debt payments. It has been ingrained since childhood for the indentured serfs and clueless debt prisoners to always pay off their debts, even if it means to go without food or needs fulfilled. This has been part of the propaganda and indoctrination for the debt slaves to not default or their "credit score" will forever be tarnished. Does anyone really believe their credit score is more important than eating and surviving in times of financial hardship? Like saving the queen size bed on a sinking cruise ship instead of putting on a life vest to save self first, it is illogical thinking.

If the individual is fortunate enough to read or research the relevant information needed to break free from the many different chains of ignorance, financial entrapment and debt slavery early on in life, they will have averted falling into the abyss of despair and angst that so many billions of others have unknowingly fallen into already, and continue to do so everyday. That one spark of conscious awareness is all that is needed to awaken and enlighten the consciously unaware spiritual occupant of the human body avatar (you).

In regards to establishing and maintaining any significant relationship during this phase of life, it is important to disregard "fad" social trends or external influencers that covertly attempt to coerce your selection in partners. Whether

it be a homosexual, inter-racial or transgender relationship, you must decide for yourself via free will. Promiscuity of males and females should be avoided as it promotes deviant lifestyles and personalities. No one can or should coerce, mold or groom you into any type of attraction criteria that is predictive programming in action, not free will selection.

A normal young man will typically seek a wholesome and undefiled female for a long term relationship. Similarly, a normal young woman typically seeks a respectful, responsible and caring partner who does not have porn addiction issues and sexually transmitted diseases (STD). Wholesome values attract wholesome partners and result in long term relationships that construct healthy nuclear families and children, despite what the irrelevant and perverse male and female pied piper celebrities would have you believe in their under bras, as they grab their crotch antics and scream vile sexual profanities in their song lyrics and music videos. Choose your manifest destiny partner wisely or you could potentially end up like the talentless, alone, tattooed and vying for likes as just another has been attention whore, desperately suffering in emotional pain in just a few years after succumbing to the same life traps. Love, respect, understanding, compassion and honesty are key traits to have and to look for in any partner.

In summary, the employment or career field selected is secondary to understanding what your life is and can be in the future. The decision to choose any life path must first be researched, understood and assimilated. An informed individual can make the right choices for their situation, not allowing an irrelevant pied piper influencer to convince them otherwise. Those that choose to disregard their intuition, due to interference by their ego, will ultimately come to understand the error of their ways and thinking down the road. Hopefully, the damage will be repairable and recoverable. By the beginning of the 40th year of age, different aspects of wisdom should have manifested in the human psyche and what may have previously been considered important at age 20, now has no significance whatsoever. Values and goals are

constantly changing and evolving. To live a healthy and long life, informed and also hard decisions should be made early on in life, not later.

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Chapter 5

ENLIGHTENMENT YEARS (40-70): THE SPARK OF CONSCIOUS AWARENESS

To better understand how to live a long and healthy life, an individual must first comprehend what is the purpose of their life, thus providing a foundation and reason for having a human experience from the onset. In this phase of the human incarnation around the world, it can be expected that many more spirit sparks will become aware of themselves and become enlightened in comparison to the two previous phases of the generic western life experience. Undoubtedly, one of the most important questions is: What is the purpose of my life? This question has probably been asked multiple times in the course of a person's existence. Most likely during times of duress, deep contemplation, near death experiences, depression or when having glimpses of higher consciousness awakening.

If any type of conscious awakening catalyst spark was experienced by an individual, that shook and drew the attention of the typically unaware spiritual occupant of the human body avatar vehicle to ask deep questions about life and living to himself, then this opportunity to grow and evolve has made its mark on his consciousness. It does not matter if the individual was immersed in employment responsibilities, family, social, academic or other activities. It left an unforgettable impression on the psyche. That simple spark can burst into flames if enough accelerant fuels are nearby, or it can fizzle into a puddle of drowned out distractions; like watching irrelevant TV shows that drain the mind of critical thinking skills, leaving them empty inside and the infamous fluoride stare on the outside. Looking into the sanpaku eyes of

the face with the fluoride stare; you can't help but notice that the lights are on, but there is no one home inside the mind. It is an empty shell of an avatar; their spirit spark is comatose.

The opportunity to have any type of catalyst spark experience decreases with every year that goes past. It's like never hearing the starting gun in the race of living life and the other participants are far ahead of where you still stand on the starting line. You're simply waiting for something to tell you to run when there is no one to tell you, except your spark of consciousness. If by the age of 40 the spark has not yet been realized or understood, it is never too late to catch up if there is intention and free will to do so. However, it cannot be forced upon anyone, only realized when the subconscious and conscious sparks allow it to manifest, not a second earlier.

This life phase (40 – 70 years of age) of the human incarnate experience is basically the last opportunity for the bulk of humanity to become consciously awakened, and to be able to take corrective action that can turn around the many erroneous beliefs and injurious lifestyles. Once this phase is passed, there is mostly irreparable physical, emotional, psychological and financial harm in all aspects of life. The one saving grace is that it is really never too late to learn about spiritual growth, evolution and emancipation. This spiritual knowledge, if it had been obtained at any point previously in the earlier life phases would likely have manifested a completely different future life path and health probability than the one presently being lived out and experienced.

Once the 40 year age milestone is accidentally stumbled upon, the human psyche really only begins to look and reflect back on the many life choices and what can be done from there, moving forward. Some refer to this as a mid life crisis phase while others attribute their newfound awareness to becoming more mature in life. Likely most will not even recognize this consciousness growth until they are much older.

Imagine for a moment just hypothetically hovering a few inches over the ocean water. There are no land masses to be

seen anywhere in sight. You are a light body of energy, you possess no physical mass, you are simply floating over the calm water for hundreds or thousands of years in tranquility. Millennia after millennia, what could you learn in that environment as an etheric body of energy? Perhaps tranquility, patience, calmness, meditation and other valuable life lessons upon first glance. Perhaps reaching levels of consciousness that far exceed those of human incarnation, who can say? Regardless, the experience should result in spiritual growth.

At some point in time, the value of the isolation and solitude results in diminishing returns taking place, and the spirit/soul becomes stagnant, depriving itself of continued spiritual growth. There are no new life lessons available to be learned at that point, what then is an immortal sentient being to do with the remainder of their eternal existence? No doubt that if any type of effective catalyst does not come onto the scene quickly, it will just become lost time and lost opportunities from that point forward. The many life lessons to have will never manifest over the pending millennia without access to other available external catalysts. On the opposite end of the spectrum, if the same immortal sentient being volunteered to be incarnated into a human body avatar vehicle, the limitless catalysts would result in incomprehensible quantities of life lesson learning opportunities that would be thrown onto their incarnated life path. Back to back experiences, daily if desired or spread out over their lifespan. The catalysts are the agitators, motivators, movers and shakers to experience the many life lessons from an otherwise stagnant existence, potentially devoid of further spiritual growth.

What a marvel to be physically born and have these potentially infinite experiences of love, joy, happiness, wisdom and so many others. There is no good and bad, but rather positive and negative experiences that build the foundation for life's experiences. Each contributes to the spiritual growth and evolution of every volunteer who has ever incarnated on earth. There is a reason that the Earth is considered the most difficult school in the universes. If it was easy, everyone would do it. Welcome to your reality that has been hidden from your

conscious awareness. The guardians of the false knowledge work overtime to keep humanity from discovering their true origins and purpose for existence. As an immortal sentient being, you far exceed any earthly adjectives to define your existence. You are the dreamer who is dreaming in a dream. Free will undoubtedly brought you here into this lifetime of existence and you shall find what you seek, ultimately.

This majestic opportunity of human incarnation offers the potential for growth and evolution not typically available to such a high degree, throughout the many universes. Will you continue to simply waste it away watching meaningless television indoctrination and propaganda shows to control your free will, or allow the pornography grooming videos to pervert and distort your reality of who and what you are physically and spiritually? Perhaps you have awakened sufficiently and adequately enough now to step out into the world of limitless catalysts and opportunities that are ready and willing to help you grow and evolve into a higher sentient being? Your present human body avatar vehicle is only an adjunct for you to realize what you intended to experience in this lifetime. It is your chariot on which you ride out into the morning dawn, and return on the evening sunset everyday. If it breaks down, it is the driver's fault. If it is fast, sleek and unmatched in perfection, it is also the driver's fault.

Waste not this precious incarnate life and avatar vehicle that was purposely made to serve your many journeys, experiences and desires that will accompany you for eternity when you graduate planet earth's school of hard knocks. Once you become more spiritually evolved, your veil of deception shall be removed and the forgotten memories will reactivate so that you will recall all you have ever been in existence. The memories of past lives only serve to hinder and keep you from evolving in this lifetime, holding you back in a place not conducive to continued spiritual growth and evolution. The lessons learned and experienced in those past lives belong in those periods of time, not the present life. Remember that each lifetime experience is intended to have those particular life lessons. If they are not completed or negative karma was

accumulated (hate, un-forgiveness, others, etc.) then the school year will likely be repeated until you graduate to the next school level, no matter how many lifetimes the person chooses to repeat the level, over and over again.

It is likely during this phase of life (40-70) where the hard and deep questions will arise into the psyche of an individual that conflict with the predictive programming and indoctrination television shows, movies, irrelevant social influencers, talentless actors, athletes, musicians and alike. At this phase, the individual is beginning to see more disparities, rifts and differences between the newer generations and their own. The values, beliefs and collective orientation of their generational societies may diverge and branch off into ideology or value systems that are not succinct or parallel with their own. This rift is purposely put in place, just as each generation is psychologically groomed and molded in certain beliefs and value systems. Each new generation is subverted in order to systematically and intentionally undermine and destroy the previous generation's values, including the moral fabric of society. In the western nations, the culprit has always been the ancient Babylonian religious cult of baal-osiris communism. Its tentacles have destroyed many nations and killed hundreds of millions of people throughout the planet and shall continue to do so until its own ideology is ultimately destroyed and wiped away from human memory and history forever.

If the individual can somehow ignite that first spark of conscious awareness, he may be able to see through the veil of deception more readily and potentially realize the American dream that has been sold to him is merely a slogan for indentured servants to be, and strive for. The previously mentioned 9am-5pm dead end career, debt slavery of home mortgage, car loans, college loans, furniture loans and the many other Babylonian usury debt enslaving protocols used via predictive programming are all in full force. If only the individual can break away long enough (taking a mini sabbatical for example) from their day to day prisoner routine, they may be able to research and seek out knowledge that can help them break free from their invisible chains of bondage.

The possibility to comprehend that the national banks of practically all nations are owned and controlled by the same global, private owners and eugenicist groups that seek to control the world, and its slave inhabitants through debt slavery, coercion, intimidation and persecution are only a few research books away from conscious realization.

In a free society, without debt slavery traps in place everywhere, there would never be any type of income tax, be it local, state or federal. There would not be any type of property taxes, inheritance taxes, estate taxes, capital gains taxes and the many other nickel and dime taxes put in place by political prostitutes who have no other intention than to keep individuals (middle and lower economic classes) from breaking free of usury debt slavery, succeeding and becoming prosperous in any country. Too much freedom can lead to too much free will and critical thinking skills development, thus the status quo is to keep the masses in poverty and distracted with irrelevant television reality shows. These will continue to dumb them down with just the basic level of language and math skills to end up in the basic food service industries.

It is not too unlike the movie “Truman”, whereby the protagonist experiences that first spark of conscious awakening. It continues to grow until it must seek out true knowledge as it evolves and becomes cognizant of its own existence. In the end, emancipation results, even at a great cost of emotional anguish and physical exhaustion. The reward of conscious awareness is worth any spiritual growth pain experienced throughout its pursuit.

If, by this phase of life, the individual has not been able to break free in any capacity, the expectation is that their physical existence will shorten precipitously due to ignorance, false knowledge and lack of free will. They are not aware enough to challenge self and the world; a lack of spark or recognition thereof. Like a man drowning in the bathtub, he need only sit or stand up and he will be able to breathe and live another day. The consciously unaware will simply flounder with arms and legs flailing, calling out for help to anyone who

can come and save him from his own manmade predicament, ultimately drowning in a few inches of water.

Such is the deceived spirit spark, it cannot discern that God has empowered him with free will to do all that is within his mind to conceive. Instead, he obediently, cowardly and virtuously follows blindly his masters that have enslaved him since birth, without question. He does not realize that the hand that feeds him is also the hand that keeps him pushed down under the bath water, instead of lifting him up to stand. He myopically chooses only to see through the rose colored glasses and nothing else around him, to his detriment.

What of relationships, career, health, future and alike? By this stage of life, if there has not been any type of conscious awareness awakening, it is likely the many hard life lessons have already been experienced. The same ones that should have been averted in earlier life. Many of which have likely manifested, like a foretold prophecy of the future. Unfortunately at this phase of life, stubbornness, inflexibility and ignorance are more entrenched than ever before. Their unwavering belief system of trust in government, false science, false medicine and false knowledge will ultimately manifest in the early departure from this planet, well before the minimum 120 year lifespan originally intended for the human avatar.

The many inorganic mineral accumulations, degenerative diseases and poor lifestyle habits will have practically ossified and embalmed the human avatar so that even if the spirit spark was still sharp and cognizant, it would cease to function properly. This has always been one of the predictive programming goals of the global eugenicists, the lifespan reduction of the human populations. To this end, they have been successful and shall continue to be so with the demographic populations that are seduced and enticed to follow their yellow brick roads to an early health death.

The unfortunate result of this experience is that the next generations on the genealogy tree will have inherited the same food and lifestyle habits of their ancestors (grandparents and

parents), instead of becoming consciously aware at a very young age. They will likely befall the same, or worse, life experiences that will also curtail their own lifespan, but more horrifically and mercilessly. Degenerative diseases like cancer can eat away a human avatar in only a few weeks to a month, resulting in its inability to house the spirit spark any longer, forcing its expulsion without mercy in an instant.

The lack of knowledge destroys mankind in all sense of the word. Consciously enlightened spirit sparks will make the human incarnation experience the thrill of a lifetime. Those who are unaware may curse their birth and existence. A quote by Frederick Douglas:

“Knowledge makes a man unfit to be a slave.”

- Frederick Douglas

Again, the many other material possession and acquisitions for this phase of life are deemed irrelevant and secondary to the broader purpose of realizing the human potential. Would you really care about your diamond ring or luxurious sports car if you were looking at the white ceiling of the hospital emergency room, listening to the incessant alarms and buzzers that reflect your withering heart beat, with only an hour to live? Perhaps if you were 30-40-50-60-70 years old, would any age bracket make a difference? Some of the important thoughts you might experience at that moment could likely be the desire to have a loved one nearby, or seeking forgiveness from those you have hurt in any capacity during your lifetime. Perhaps looking for redemption and forgiveness to self for not choosing and living life on the road less traveled, with more love and laughter in the forefront of your daily thoughts. Who can really say at this point unless you have been there and survived to tell the tale?

Don't be that person looking at the hospital ceiling at this phase of life, be the one looking over the cliff and feeling the strong sea breeze on your face and full head of gray-less hair at 100-120 years of age. That probable life is there for

everyone to experience and have, it is called free will. First though, you have to honor your human avatar by operating and maintaining it for the duration, not just abdicating to the societal norms of the day to eat murdered animals and inject toxic poisons to save you from false science and false medicine. There are no incurable diseases and almost all can be reversed out of the body through lifestyle and food consumption changes. The accumulation of 60-70 years of physical damage to the body can take place, but it won't be in one week, month or even year. It is estimated that about one year per decade is required to recover the human body back to health. At 70 years of age, that would be 7 years of eating right and exercising regularly. If the effort is not worth the prize, then may God be with you and we will all meet on the other side one day. (note: Don't wait up for me, I will be much longer in crossing over after 120 years of life.)

It is hoped that some segment of this book may be able to ignite any semblance of a spark to those who are voluntarily self-blinded. That they may stand up and question any facet or component of their own life, merely by asking a question. What is the purpose of my life? Is it to be a debt slave and voiceless serf to any government or religious cult for their own pleasure, power and wealth? Am I a token toy soldier destined to die on foreign lands to increase the quarterly profit earnings for boots and bullets sold to the government? Is it to invade a sovereign nation to take control of its natural resources, all in the name of national security? Is it to work at any job for decades of serfdom servitude to receive a gold plated watch and certificate of appreciation for 40 years of my life? Really? There is a reason they deceptively call it a mid life crisis; it is because the spark of conscious awareness is igniting and the control safeguards are breaking down. If they cannot control the awakening, then they slander, smear and attempt to ridicule and discredit the person back into submission and control. Once a baby eagle experiences their first flight, they will never walk on the ground again unless they choose to do so on their own terms.

Some of the major topics and themes that cross an individual's mind can be simple or complex. Each is important as they are, but combined they form the missing pieces of life's jigsaw puzzle. Some of the relevant themes influencing all generations of life behind the scenes are attributed to:

- False History
- False Science
- False Medicine
- False Knowledge
- Harmful and injurious vaccination agendas
- Harmful and fraudulent food pyramid chart hoax
- Irrelevant & talentless pied piper influencers and celebrities
- Irrelevant organized sports (e.g. Roman circuses)
- Irrelevant television and other indoctrination platforms
- Irrelevant fake news and other propaganda outlets
- Destructive baal-osiris religious cult of communism
- Destructive gender confusion, pedophiles and pornography
- Destructive global zionism zealots and neo-con war mongers
- Destructive food consumption and lifestyle programming
- Many others

Questions beget more questions when the spark of conscious awareness has been ignited. Once lit, it can only be unlit voluntarily. It only grows brighter and brighter with the knowledge consumed by the hunger of its master. A mind and spirit that is awakening will tend to ask many questions; whether their life has been spontaneous or predictively programmed or not. A quote attributed to Aristotle:

“All men by nature desire knowledge” - Aristotle

A more deeply and relevant question to ask is – Did I earn this life? If not, then it is time to earn it through service to self initially, then service to others. You cannot help others if you have many problems yourself. Fix yourself first, then use your own healing and recovery experiences for real world references to show the others how to do it. Those that are now ready to be awakened, can be. Those that are on the fence or indifferent, they have not committed to the healing and must

be left to their own free will. Only those who are ready to renounce those things that cause sickness, disease and pain are ready, everyone else must be left to their manifest destiny. The pupil becomes the teacher, and you can pay it forward with God and righteousness at your side.

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Chapter 6

THE STOLEN YEARS (70-120+): WHAT COULD HAVE BEEN

Those individuals and groups of people who involuntarily fell prey to the previously outlined life shortening and Babylonian usury debt slavery traps have lived an extraordinarily harsh life by western standards; relative to those ancestors who lived more healthy and longer lives in mankind's history. Those natural and wholesome foods intended for man's survival in past history have been mostly replaced by Genetically Modified Organisms (GMO) that are synthesized with chemicals and other unnatural manipulations. These plants are ultimately incapable of supporting healthy or long human life. These are merely hybridized Frankenstein plants that can survive chemical herbicides sprays, because these are now part of its internal DNA plant structure. The GMO plants masquerade as some type of nutritious food to sustain human life, but are basically an unnatural manmade creation that goes against the laws of nature. The accumulation of these types of injurious foods and drinks will take its accumulative toll on the human body avatar over time. When the person is young, the body can resist. When the body has been weakened over decades, the ability to resist the poison's effects is diminished, thus creating pain, inflammation and diseases when they cannot be expelled adequately or quickly enough.

In this phase of life, the time has arrived to pay the boat ferryman of legend his coins in the afterlife voyage for the accumulated mistreatment, harm and destruction the spirit spark has caused its human avatar. The aloof and consciously unaware spiritual occupant has desecrated the avatar throughout its lifespan. The many excesses and bouts of food

intemperance (eating out of control and in large quantities of harmful foods) are all related in life, such is the law of cause and effect. Not only whether the intent was to destroy the human body internally or externally, but also destroy the human free will, critical thinking skills and innate desires to pursue a better life. All result in incompleteness of the many life lessons that could have been experienced. How many more life enriching lessons could have continued contributing to the individual's spiritual growth and evolution had it not been interfered with throughout its life by others or poor decisions? The musical lyrics from the song "*Unforgiven*" by the band Metallica accurately captures and reflects what most spirit sparks have experienced up to this point in their human incarnate existence. One need only listen intently and reflect upon the words to acknowledge their spiritual truth.

It can be speculated that, if the consciously unaware debt slave has been able to physiologically survive up to this point of their artificially shortened life, then sadly, they likely do not have much longer to live on this earthly realm. They have voraciously and voluntarily consumed the various different poisonous chemical elixirs mixed in their food, water, medicine and environment over their lifetime. These have been amassed, stored and are presently saturating their body. These inorganic and toxic deposits are intended to maximize physical injury to the human systems and decrease human longevity down from the default age of 120 years of age to its lowest possible limit, through systematic self-destruction of its cells and injurious lifestyle habits. These are physically manifested through any number of degenerative or incurable diseases (incurable in conventional medicine, but curable in naturopathic medicine) in present times, and are created by the consciously unaware individual's unwavering belief in false medicine, false science, false history and false knowledge. A quote attributed to Plutarch on longevity:

"The ancient Britons only began to grow old at one hundred and twenty years of age."

- Plutarch

This unfortunate and completely avoidable health demise of the human body avatar has been promulgated for more than a century by the eugenics lobby and their corporate food industry co-conspirators around the world. These are in consortium with those many corporations, governments, political prostitutes, pharmaceutical and chemical companies, baal-osiris-molech communist religious cult disciples and the many other purveyors of death against humanity. The many vaccination programs, contaminated processed foods, toxic medications, poisoned water supplies and voluntary mimicry of irrelevant pied piper social influencers and alike throughout their life all converge to achieve the same end goal; the individuals' physical health demise and psychological surrender in order to be controlled and killed off. It is now time for the human body avatar to pay the heavy price of dysfunction and collapse, due to the spiritual occupants indifference, ignorance, neglect and abuse over the many decades of their existence. Very few can be resurrected via immediate internal organ cleansing and lifestyle changes to reverse the damage done, but it is still possible.

A consciously awakening sentient being that has glimpsed at the spark of consciousness can sense there is a solution within their grasp. The difference in whether they survive or not is dependent on how fast the information is obtained, analyzed, assimilated and applied in their life. No one can force, nor oblige the knowledge to be taken in. It must come from within the individual to seek out the true knowledge. Only those who recognize the difference have a chance of partially or completely overcoming their physical illness predicament and lead a longer and healthier lifetime of existence.

Those many different chemical toxins and morbid animal residual materials that have been accumulating in the human body throughout the persons lifetime, left unchecked and unimpeded in the intestines, in most instances, are the root cause of almost all mankind's diseases. These morbid and inorganic materials have been stealthily stored away in the crevices of the bone joints (inorganic calcium, lime and other minerals resulting in rheumatoid arthritis from ingesting hard

water and fortified processed foods), in the liver (fatty liver or cirrhosis), pancreas (diabetes or pancreatic cancer due to Eurytrema Pancreaticum parasite or other), intestines (constipation, parasitic worms, gastritis, leaky gut syndrome, cancer, others), kidneys (kidney stones or cancer), gall bladder (stones), stomach (stomach cancer, helicobacter infections, low acid concentration), blood (blood cancer, parasites, others), lymphatic system (morbid waste and lymphoma), heart (atherosclerosis, high blood pressure, arterial calcium plaque resulting in bypass surgeries due to sugar and fat consumption) and the many other degenerative diseases in any part or organ of the male and female body. These injurious inorganic and morbid toxins have now come of age and are emerging in unison, just in time to destroy the human body avatar vehicle as it is developing conscious awareness of the meaning and purpose for living their life at this stage of existence. Too little, too late it seems is the catch phrase.

The systematic and continuous consumption and accumulation of unwholesome foods, contaminated foods environmental pollutants, poisoned water, toxic medications, barbaric conventional medical surgeries and unnecessary medical and dental treatments over a lifetime all contribute to the accelerated physical health and mental demise of the human body avatar vehicle. Despite its perfect structure and self-healing capabilities, the consciously unaware spiritual occupant of the body rejects and doubts the belief that they can heal their own body as part of their predictive programming. Instead they steer their body off the cliff and into the precipice from where there is no return in most instances (conventional medicine). Simply fasting in most cases will improve or cure some diseases, no doctor required.

In those individuals that disease and sickness can be reversed out of the body through a healing crisis, the human psyche does not waiver from its lifetime of indoctrination programs to only follow conventional medicine protocols and to steer clear of natural medicine that could heal their now dysfunctional and broken body. Instead, they cling to the artificial fear so embedded into their psyche and hope they can survive the

radiation, surgeries, dialysis machines, transplants and life long consumption of toxic medications through God's intervention. God did not eat those hotdogs, smoke those cigarettes, drink that alcohol and partake of murdering and eating other sentient creatures that he also placed on the earth to live. In lieu of accepting personal responsibility for one's poor food consumption and lifestyle habits throughout their life, and now taking the correct path that can restore their health and increase longevity, blame is placed upon God for their self made suffering. Mankind can be very predictable at times. A quote attributed to Hippocrates:

“Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear. Disease is not an entity, but a fluctuating condition of the patient's body, a battle between the substance of disease and the natural self-healing tendency of the body.”

- Hippocrates

The attainment of conscious awareness from an early onset of life would have likely curtailed and minimized the formation of any type of degenerative disease, ailment, avoidable surgeries, scarring and mutilations at the hands of the medical, pharmacological, chemical and eugenics butchers and slaughter houses. The stubbornness of the individual is directly correlated with the success of their indoctrination and predictive programming exposures. Again, the person drowning in the bathtub chooses to thrash about haplessly and scream underwater for help, instead of merely just standing up and out of the artificially created threat and averting the tragedy. Such is the effectiveness of brainwashing the populace via television programming and other mass media population reach outlets; convincing them to rely on others to save them as a helpless martyr, instead of taking charge of their own destiny and future, on their own terms.

Throughout the many nations of the world, continuous propaganda programs and false knowledge have been some of

the most effective conscious awareness delaying and mitigating strategies. These have managed to keep the populations distracted with frivolous, irrelevant, tabloid and paparazzi type reality shows, news and programs. The mass fluoridated populations flock like incoherent zombies to watch them, like moths to a flame. The unawakened masses will never know why their life was cut short or why they are suffering in pain until after their avatar death. Their belief that it must be paying back of negative karma for a perceived wrong in a past life may hold true in some instances, but the majority can be considered to be induced by their fellow man in present time. Those that seek to control all aspects of the debt slaves under their dominion. Like a commodity, used, bartered and then discarded when it is no longer profitable to possess. The next enslavement and grooming season will produce more dumbed down human avatar crop and the cycle begins anew with the next generational descendants of the family genealogy tree. Each passing along the false knowledge and practices that led to their own bondage and abrupt demise.

The control strategy has always been to impede access of the knowledge throughout their lives; that can awaken conscious awareness in the masses. This is intended to keep the individual so distracted and immersed with the day to day minutia of struggling to stay afloat in life that there is no time for self reflection or soul introspection. The hustle and bustle of trying to make a livable wage and paying the many different debt slavery income taxes, property taxes, college loans, credit card expenses, medical bills and all the many others make it challenging, if not insurmountable at times.

These never ending types of bills do not allow the Babylonian usury debt slave to stray into areas of critical thinking or developing conscious awareness that may lead him down the path of spiritual enlightenment. Those few individuals who do possess financial freedoms are not exempt. They are also purposely targeted and distracted by the same irrelevant pied piper social influencers, talentless actors, musicians, overvalued egocentric athletes and other socially alike deadbeats as well. Birds of a feather flock together. The

expensive diamond studded watch or high end luxury sports vehicle that is equivalent to buying a new home almost anywhere in the world is gleefully procured by the financially wealthy, demonstrating they are completely indoctrinated and buy into the marketing deception and psychological con referred to as consumerism.

One of the harshest punishments an individual can have in life is to be born with ignorance. No matter how much money, opportunities, education or luxuries are bestowed upon the person, they remain consciously ignorant of who and what they are. Not too unlike the king without clothes, they too do not recognize or comprehend their higher purpose for existing in the here and now. They are doomed to live in ignorance.

The misguided belief that man must physically work hard, relentlessly and without thought in order to obtain money, fame, and other material goods is not the only purpose in life. To generally disregard personal health while injuring the human body avatar in their youth, in the belief that physical sacrifice will be compensated later in life is unrealistic and only serves to shorten one's life and longevity with this type of misplaced sacrificial and injurious ideology.

What good does the accumulated financial wealth serve an individual at the juncture of poor health and a precipitated end to life, or the converse, learning to enjoy each and everyday now and see what happens down the road approach? The incomparable value of human life and health should be valued above all other material property. The distinction and discernment is not as clear to the ignorant or consciously unaware spiritual occupant whose time is quickly fleeting away from them; than of a more enlightened spirit spark.

In reflecting back upon the last 70 or more years of their brief life, what can be stated as fact or fiction? What personal achievements will ring through eternity of mankind's history of existence? Few are those who can claim the title of Achilles, Hippocrates, Aristotle and others of historical renown. Assuming this lifetime of incarnation was destined for a more

mundane existence, what then can the individual claim as successful completion of objectives? Building a successful business? Starting and keeping a family from beginning to end? Climb a very high mountain somewhere? Become a world record holder for hotdog eating? Killing every animal in wild kingdom as a great hunter? Collecting coins and stamps from every country and so forth? Many of the above are admirable activities to those who partake in them, and some are not. It only depends on whose eyes they are being seen through that determine their status of importance. Each life is different and each has its life lesson objectives to live out and ultimately experience in one way or another.

At a higher level of conscious thought, the previously mentioned activities may seem almost insignificant. Perhaps the now much older and wiser individual can grasp the more important activities like experiencing the many human emotions and learning more about true love, forgiveness, empathy, compassion, sincerity, humor and so many others. To be able to spontaneously evoke a smile and cause laughter in another person is powerful and enriching. To be able to heal another person's pain and mortal disease is compassionate. To be able to immerse yourself in another's person's grief and suffering while lessening their burden can be considered sacrificing. To love selflessly all sentient beings is God like.

The inherent power of love is God like, in that it is the only goal worth striving to give and receive in life. The quest for, and attainment of unconditional love for all things can be considered divine in nature. When the conscious mind can comprehend that these types of thoughts should have been transpiring over the past 70+ years of their lifespan, all the while growing and nurturing the spirit and soul in the process, they will better understand life's purpose for existence. What a waste to have the many houses, vehicles, boats, planes, bank accounts and properties that just waste away with each passing day in exchange for experiencing the many different and enriching emotions. None of the material items can console an aching heart which has just lost its other half unexpectedly in this lifetime. Nor can they wipe away the tears

of a grieving parent when their child is taken unexpectedly from this earthly realm. What will it take to ultimately ignite the spark within?

It is not the individual's fault that they have missed many an opportunity during their lifetime at this point. They simply fell prey to the multiple human control and depopulation agendas that entrap the billions of global citizens in every life cycle. It is true, a person cannot receive any relevant information on any topic until such time as the individual is ready and willing to consciously receive it. Not one second before or one second later, only when they are ready to receive and accept it. Would you give the keys to your race car to a 4 year old child to drive? Would you put a 6 year old child behind the pilot seat of an F16 aircraft to fly? Would you allow a blind person to perform open heart surgery on you? The same process exists for having the many human incarnate experiences for each person born. Only when the person is open to receive, and seeking the knowledge will it become available to them. They must not only consciously seek it out in order to grow, but must be physically, emotionally and spiritually prepared to experience them; just as you the reader are presently expanding your consciousness and spiritually growing right now.

What does an awakening individual do at this point in their now advanced stage of life? The human avatar is failing, or rather the spiritual occupant of the human avatar failed its body is more accurately stated. The response is dependent on the individual's desire and motivation levels. Some will surrender and abdicate any responsibility, resulting in a painful and abrupt end to their life (in most cases). These may protract out in intensive care units, surgery after surgery wearing adult diapers and carrying an oxygen bottle everywhere, extending the suffering for months or years with no end in sight. On the other end of the spectrum, it is never too late to change and choose a new manifest destiny for self. Which path is chosen is again reflective of the level of conscious awareness at the moment the decision is made to be or not to be in this lifetime. All diseases can be reversed out of the body, healed and cured. It only requires a leap of faith in

self, complemented with true knowledge that has been hidden from you all your life. A quote attributed to Dr. John Christopher (Naturopathic Doctor):

“There are no incurable diseases, but at times there are incurable patients.”

- John Christopher

If the thought of holding and kissing a loved one in your arms evokes a tremendous feeling of positive energy and love, why would anyone want to quit their incarnate body and leave this wonderful school of life lessons so abruptly at the age of 70 or less? There is still much to do and learn, it only requires a motivated spirit to participate in the festivities. Did the propaganda television convince you that retirement kicks in after 70 and must now limit yourself to the leper colony for the elderly in Florida? Conversely, if the thought of sharing your spirit spark with another individual, in any capacity, is disinteresting and serves no purpose, then be with God. Soon you will be able to evaluate your life's performance from the other side of the earthly realm. No one will judge you, only you can judge yourself. There is no hell, it is a fabrication by the false religions of the world that use fear to keep their flocks in line and donating to their ponzi temples that worship silver and gold shekels (the golden calf). God does not threaten his creations to comply and conform to any contrived and unlawful laws made by men. He created and provided mankind with free will to be or not to be, thus the reason why you are the way you are today. No one forced you to frown instead of smile, it was your free will choice to do either one.

In case you were not aware by now in this book, the human body avatar was designed to live at least to the age of 120 years. The Patriarchs in the bible lived for several hundreds of years each before drastically curtailing their lifespan as a result of genetic tinkering, consumption of animal meats and the adoption of health injuring and lifespan shortening lifestyle habits. Before the great flood of Noah, they were vegetarians. It can be speculated that after the last great global flood, the scarcity of wholesome food resulted in the

murdering and consumption of secondary food sources (e.g. sentient creatures, including other humans were on the menu). What does this mean? Does it mean I can live to 120 years? Why would I want to live in a wheel chair, adult diapers, blind, toothless and diabetic all that time? Gotcha...

Those who have honored their human avatar vehicles throughout their lifetime will get closer to the 120 year longevity mark more easily than those who have a history of smoking, drinking, doing drugs, overeating, not exercising and the many other associated poor lifestyle habits previously discussed. Regardless, the human body can be purged and cleaned of toxins, wastes and morbid material accumulated within itself by a conscientious and committed spiritual occupant. Not only can the body recover itself internally, it can once again strengthen itself externally for an extended lifetime of activity, with quality of life, without artificial adjuncts. Obviously, the sooner the realization is made, the less harm and damage that will continue to occur onto itself. Again, the first step is consciously awakening and becoming aware of the situation and predicament, individually.

Hypothetically speaking, an individual who early on in their lifetime understood or had access to the knowledge that helped them expand their consciousness, they likely became vegans, drank distilled water, exercised regularly, fled the metropolis cities for the clean air and countryside living lifestyle. They produced their own organic foods and built strong communities of like minded neighbors. Even with this utopian construct, there are many variables that fall outside of their control; polluted air drifting over their lands, contaminated water sources flowing down the rivers into their communities, political prostitutes mandating potable water supplies be poisoned with fluoride chemicals and others of similar nature. The less connected to a metropolis high rise prison existence, the higher the probability of living a healthy and long life. How is it that mankind survived for thousands of years in this manner of living in the countryside successfully? It is only a recent fabrication that life in the big cities is the only way to live. This is prison city recruiting propaganda.

Major sky rise metropolis cities have become the new Babylonian wall-less prison template for destructive societies since the industrial revolution more than a century ago. These major nimrod (also known as osiris, sun god, lucifer, baal, etc.) prisoner population centers were built, intended to herd and corral as many potential debt slaves as possible to serve as the cheap labor sources, living adjacent to the many factories that enslave and poison their existence. When they escape back into the countryside, they can regain control of their lives. Those debt slaves that remain behind are doomed to a life of indentured servitude via cheap labor wages and high debt accumulation. The majority will never be capable of breaking free of serfdom and resign themselves to their own manifested destiny. They have chosen to live as debt slaves voluntarily. They chose their free will to be ignorant and obedient slaves.

Another important process of obtaining any level of conscious awareness is centered on cleansing the inside and outside of the body. This is typically the second step after awakening self. Depending on the level of physical degradation and deterioration of the person's avatar, some cleanses can be a few short months, while others can require years to reverse the significant damage incurred to their avatar vehicle. Lastly, the consumption of wholesome foods and only clean distilled water will pave the way for a strong and healthy body that may surpass the 120 year life expectancy mark. There are many centennials throughout the world who have full use of their faculties, cognition and are free from any type of physical limitations. The gift of life is not meant to be squandered in the pursuit of frivolous material goods or social recognition, those are the goals of misguided souls.

Conscious awareness and true knowledge are the key components to helping anyone achieve their life longevity goals. The many unforgettable experiences that transpire along the journey of living life will become those immortal memories that shall accompany the spirit spark when it does eventually cross over to the non-physical side of existence. The immortal sentient being will be able to consciously recall any and all memories of its lifetime. What better way to help pass

eternity than to recall the kiss and hug of a loved one, ever so pure and strong? The laughter so hard that the eyes water with tears, the belly aches and the jaw muscles hurt from laughing so hard. Immortality is forever, that is why you chose to be born and incarnate in this lifetime. To accumulate and archive the many beautiful, exotic, exhilarating and enriching emotional experiences in the physically incarnate here and now. It is unfortunate that you may have befallen any of the many traps that misled and artificially shortened your life. It's not your fault. However, moving forward in time is different. Up to this moment, you can feign ignorance and rightfully so. Tomorrow you cannot lie to your subconscious that you didn't know what you do know now, right at this moment.

Once you have obtained this knowledge, there is no one to blame but yourself for any inaction, apathy or disinterest in living your life to the fullest. How many now deceased spirits would literally trade everything they had to be able to return and simply kiss a loved one goodbye? To simply tell them I Love You one last time? To hug and embrace their child, parent or loved one? This lifetime is a gift from the one infinite creator of the universe, not the television show every Wednesday night or Sunday afternoon sports event. These are merely artificial distractions to keep you unaware of the God spark that is within you and all of us collectively in unison.

The habitual and manipulative martyr will exclaim aloud, *save me*. The sacrificing person will exclaim *save yourself, it's too late for me*. Similarly, the humorous joker will exclaim the same phrase, mocking the drama queen's version above. Who has character and a playful soul versus a self-defeated mindset? To be able to mock oneself is a sign of humility and awareness, knowing that they are imperfectly perfect. Rigidity in thought and action will ultimately result in repeating the cycle of reincarnation, to repeat the same lessons from this lifetime that were not fulfilled. Do you really want to repeat the school year of life again, only worse the next time since your classmates have evolved to the next level without you? How many times do you plan on repeating 2nd grade again in human incarnation school of life? Free will, you choose, not

God or anyone else. The longer you delay awakening in the dream, the harder will become your many life lessons. If it was easy, everyone would do it. Welcome again to earning your passage of rights by incarnating as a human body avatar. Are we there yet?

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Chapter 7

GLOBAL DARK FORCES AGAINST HUMANITY: BAAL-OSIRIS-MOLECH COMMUNISM CULT

The common thread that weaves through each city, state, country, region, religion, finance, entertainment, sports, music, academia, politics, society and other outlets of influence, power and control is the hidden hand of the dark forces. This fifth column of nation state infiltration and social subversion can be construed as individual or collective programs designed to infiltrate, undermine, rot and destroy human societies and civilization in order to mold into their perverted utopic outcomes. The thread goes by different names in different countries and different historical timelines. Like the continuously changing chameleon or octopus, they enter into new environments and camouflage their true identities in order to assimilate undetected and wait until the right moment to strike. All the while, conniving and planning the best methods to wreak havoc on their unsuspecting hosts that gleefully welcomed them to their nation and homes.

This plague of malevolence can be traced back to the ancient (malevolent) Babylonian mystery schools of biblical times, where they deceived the masses to follow them into their debauchery. The zodiac ages of Taurus (bull = baal) and then Aries (Ram or golden calf/goat of Mendes = baphomet) are significant in their idol worship cult of human sacrifice. In that time they went by several other names, to include nimrod, osiris, sun god, molech, lucifer and others of the Babylonian mystery schools. The caananite practice of worshipping baal was considered an abomination and an unholy cult of which their principal pillars were deranged rituals involving child sacrifices and deviant sexual practices surrounding homosexuality and pedophilia. Both Sodomon

and Gomorrah are considered to have been baal cities where their caananite gods were worshipped. These heretical enclaves served as centers for their immoral practices and beliefs in their worshipping of baal or osiris; their sun god with many different names. From the book *“Mysteries of Osiris”* (page 177), the following excerpt reaffirms its ancient ideology and practices:

“If we desire to fully understand the framework or philosophy of this world-wide system of worship, we must consult the remains of Phoenician, Chaldean, Egyptian and East Indian literature. The minutiae of ancient sacrificial worship is to be found in the Jewish temple service. The polytheism of olden times supposed twelve great gods; they being, or residing in the twelve signs of the Zodiac. Those which in our almanacs are called Aries, Taurus, Gemini, etc. were by the baal worshippers called the twelve baals.”

- R. Swinburne Clymer

A related excerpt (verses 19:5-7) of Jeremiah Chapter 19:1-7 from the King James Version (KJV) of the Bible:

“Thus saith the LORD, Go and get a potter's earthen bottle, and take of the ancients of the people, and of the ancients of the priests; ²And go forth unto the valley of the son of Hinnom, which is by the entry of the east gate, and proclaim there the words that I shall tell thee, ³And say, Hear ye the word of the LORD, O kings of Judah, and inhabitants of Jerusalem; Thus saith the LORD of hosts, the God of Israel; Behold, I will bring evil upon this place, the which whosoever heareth, his ears shall tingle. ⁴Because they have forsaken me, and have estranged this place, and have burned incense in it unto other gods, whom neither they nor their fathers have known, nor the kings of Judah, and have filled this place with the blood of innocents; ⁵They have built also the high places of Baal, to burn their sons with fire for burnt offerings unto Baal, which I commanded not, nor spake it, neither came it into my mind: ⁶Therefore,

behold, the days come, saith the LORD, that this place shall no more be called Tophet, nor The valley of the son of Hinnom, but The valley of slaughter. And I will make void the counsel of Judah and Jerusalem in this place; and I will cause them to fall by the sword before their enemies, and by the hands of them that seek their lives: and their carcasses will I give to be meat for the fowls of the heaven, and for the beasts of the earth.

A historical linking of the practice of human cannibal eating is related to the ritual practice of “*eating the god*”. It is referenced that to become a priest of baal, human flesh had to be eaten, thus the word combination of Caan-baal (e.g. cannibal). Additional reference is made that the communion of baal was consecrated by means of human sacrifice. This false religion continues alive today, disguised and hidden from the public’s conscious awareness and only the initiated can identify each other through hidden symbolisms and rituals. These are the forerunners of past history that have now infiltrated into all aspects of society, government, business, judiciary, finance, music, entertainment and the many other corridors and pillars of human civilization. Their preferred method is infiltration and subversion, not direct invasion which could never prosper from such a cult.

Additionally, reference is made in the book of Genesis that further identifies those who have strayed into darkness in many different ways. In Genesis 19:1-15,: ***“Homosexuality was rampant in Sodom and Gomorrah. These were baal cities.”***

An excerpt from Numbers 25:5 King James Version (KJV) demonstrates the undesirable elements of caananites and baal worshippers alike: ***“And Moses said unto the judges of Israel, Slay ye every one of his men that were joined unto Baal-Peor.”***

The ancient Babylon cult religion of baal was considered the source of all false religions around the world. It has merely gone underground since then, hidden within secret societies

and rebranded as another disguised religion, but retains its Sodomon and Gomorrah perverted and degenerate ideology.

Genesis 11:1-9 chronicles that God scattered the people because of their baal idolatry, resulting from the construction of the tower of Babel, which was intended to worship baal: ***“9 Therefore is the name of it called Babel; because the LORD did there confound the language of all the earth: and from thence did the LORD scatter them abroad upon the face of all the earth.”***

The worshippers of the “*mother and child*” and other baal effigy statues and idolatry symbols were scattered throughout the world as a lost people and are found globally everywhere.

One of the original 12 commandments as referenced from the book “***Jesus and the Essenes***” by Dolores Cannon revives some of the purposely hidden religious teachings of the period. In the times of Jesus, there were considered to be twelve (12) universal teachings or commandments to follow in life. One that has been suppressed from mass dissemination and the public psyche by the rabbinic sentinels of the past and present time is stated succinctly by one of the Essenes named Suddhi:

“Thou shall not follow the ways or the path of baal.”

- Suddhi

The twelve (12) teachings or commandments referenced, as best can be recalled, by the limited knowledge of the Essenes in Qumran, Israel are:

I am the Lord thy God and -

1. Thou shalt have no other gods before me.
2. *Thou shalt not make graven images.
3. Honour thy father and mother.
4. Remember the Sabbath day and keep it holy.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not covet another's property.
8. **Thou shall not follow the ways of the path of Baal.

9. Thou shalt not steal.
10. Thou shalt do only unto others as they would do unto you.
11. Thou shalt not lust.
12. Thou shalt not sin.

*Rejection of effigy worship, such as the golden calf of baal.

**It was forbidden to worship the baal cult, not only for its child and human sacrificing rituals, but also its incompatibility with humanity as a whole.

The re-wording of several phrases and omission of two of the twelve teachings/commandments over the many centuries has resulted in the present day public awareness of the ten (10) commandments that we know of today. The two other teachings that were removed specifically dealt with the baal-communist cult of worship, thus suppressing public awareness of their existence in their conscious minds. There are no coincidences. There is only conscious awareness and ignorance of knowledge. The sentinels of knowledge are real.

One need only turn on the television and observe the many gender confusion, political extremism, violence, dehumanization of the divine female and wholesale slaughter of the blood of innocent saints (murdering unborn babies - abortion) to see through the veil of deception that is bombarded on the human psyche, incessantly 24 hours a day. These are used to shape and mold the malleable minds of the children left to television parenting or growing up with talentless and irrelevant pied piper roles models that morally corrupt their thoughts and poison their minds. In later life is when the psychological effects fully manifest and result in a dysfunctional personality and character. This results in another human spirit spark being destroyed through the influences of the baal-osiris-molech-baphomet-lucifer-nimrod and others religious and political cult of destruction. No one is safe unless they can develop conscious awareness and resist its subliminal, overt and overreaching influences on the citizens of the world. Those who cannot, ultimately succumb to the many life long traps set on their path of life. They have unknowingly fallen prey to a hidden hand of darkness, deceit and hatred for their race and way of life.

Fast forward nearly 2,000 years of chronological human history and you will find the genetic and ideological descendants of baal-osiris have continued the religious cult and have morphed it into the politically recognized party of communism. Communism is basically a religious cult that masquerades as a political party and vice versa. The premise behind communism is a one world government, the destruction of the nuclear family, dehumanization and sexualization of the divine female, erasing the concept of God as the one infinite creator of the universe and replaced with idol worshipping to their baal-osiris-molech-baphomet god of child sacrifice (killing of unborn babies called pro-choice and abortion). There is nothing politically correct about a mother knowingly killing her unborn child. The successful deceit and level of brain washing to the masses has resulted in over two (2) billion unborn babies being murdered since the Roe versus Wade US Supreme court case was ruled in 1973, as previously mentioned. A quote attributed to Pope IX in November 1846 regarding communism:

“That infamous doctrine of so-called communism...is absolutely contrary to the natural law itself, and if once adopted, would utterly destroy the rights, property and possessions of all men, and even society itself.”

- Pope IX

The relationship between Babylonian baal-molech worship and child sacrifice, among other reprehensible practices, up to present days is hardly known in modern society. It is unclear why the hebrew talmud has literally adopted the many teachings and practices of baal-osiris-molech into its writings. The talmud describes and manifests the many beliefs, rituals and practices that have remained unchanged in most cases. Time and again, renowned rabbi's have come forward over the last 100+ years to proclaim judaism is one in the same to communism. That they are indistinguishable from one another. Why would they make such profound proclamations?

Similarly, the higher levels of secret societies like the free masons have been identified as being part of the same baal-

osiris communism cult, pursuing *"The Great Work"*. Basically, bolshevism, communism, judaism, globalism, zionism, marxism and socialism all appear to be birds of a feather (one in the same). It is unclear why statements made by influential leaders like rabbi Stephen Wise (The American Bulletin May 5, 1935) states that: *"Some may call it communism, but I call it what it is: Judaism!"* and rabbi Isaac Wise (Jewish Tribune of New York, October 28, 1927) states: *"Freemasonry is a jewish establishment, whose history, grades, official appointments, passwords, and explanations are jewish from beginning to end."* Many public declarations and confessions beg to ask, why would they publicly or privately adopt and embrace vile ritual and sacrificial practices into their religions? If this is the case, it would reveal and confirm the continued existence of ancient babylonian secret societies and their relationship with the modern day revisionist name (communism-socialism-marxism) for the previously known religious cult of baal-osiris-molech-baphomet and others with equivalent names. Public declarations of adoration and allegiance to baal-osiris-lucifer-molech insinuate and imply they have now become more publicly vocal of carrying the torch for the light bearer (lucifer and the synagogue of satan).

The Bolsheviks (communists) took over Russia at the turn of the last century. It is estimated that between 60-100+ million Christians died at the hand of the bolsheviks-communists, of which more than 90 percent of the Bolshevik hierarchy were not deemed to have been of any ethnic Russian or Christian descent, but rather all from another race. The same can be said of communist China, where god-less disciples of communism-leninism-stalinism-marxism also committed genocide of its ethnic people, spurred on by the ideology of baal-communism. A similar process has occurred in the many countries around the world where they have been able to infiltrate host nations and undermine all facets of society, government, finance, academia, religion and business. Like a slowly growing cancerous tumor, it eats away its host nation stealthily until it succumbs in social and economic upheaval.

In the United States of America (USA), the American communists successfully infiltrated the democratic and

republican parties (aka – uniparty) with the intent of controlling the world's strongest military and economy. The globalist-communist-neocons have successfully pilfered the coffers of the US treasury (e.g. taxpayer monies) to fund endless wars that destabilize sovereign nations at the behest and benefit of the baal-communist-globalists who control the many different political prostitutes in the USA, and the many other governments that have fallen prey to their baal-communist tentacles of manipulation and control.

An individual need only look at their local, state, federal, parliamentary or other political prostitute representatives to see their true allegiance is not typically to their constituents, but rather the globalist-communist agendas. The many sodomite and gender confused politicians demand unquestioned obedience and compliance of their indentured servant serfs, instead of representing them. To disagree with any far flung leftist idea is to be automatically branded with some type of badge of shame like fascist, bigot, racist, anti-semitic, white supremacist or other unfounded descriptive term. These projections only serve to deflect from the issue and catch the attention of the fluoride stare population via their mass television outlets. To disagree with an idea or person is not anti-anything, but rather a disagreement. If the position or argument cannot be defended, then slander and character assassination are the default responses of communists. A quote attributed to Socrates on the topic:

“When the debate is lost, slander becomes the tool of the loser.”

- Socrates

The many different communism books like “***Rules for Radicals***” by saul alinksy, “***The Communist Manifesto***” by karl marx and friedrich engels and other delusional baal-osiris communist books written by lenin, stalin, mao and others all share the same utopian vision of baal-communism societies. However, every country that has ever implemented communism has committed genocide on its citizens by first disarming them, then stripping them of their free speech and other rights, jailing them and ultimately murdering them by

the tens of millions without pity or mercy. Once a nation is tricked and deceived onto the path of baal-osiris communism, there is only genocidal death, misery, destruction and suffering until such time as those governments have been overturned by the people or outside forces. An armed populace is the only thing preventing genocide from taking place in any country. It is the last obstacle and defense against dictators, despotism, tyranny and communism. To believe otherwise is a sign of ignorance or purposeful deceit.

The dark forces are all collaborating and are ultimately one in the same, merely masquerading as something else to distract and deflect from their true intentions. Be weary the uninformed citizen who becomes an evangelist for communism as they will be the first to fall when communism comes to power and knocks on their door. Baal-communism does not typically favor the educated, informed, capitalistic or righteous individual, but rather the ruthless and misinformed so that they can be controlled and manipulated until they are no longer needed by those at the apex of power. Despite the revisionist history that has been whitewashed and held from the public's conscious awareness, the human genocide caused by communism occurs time and again, without pity in any country that it infiltrates and is foolishly embraced by its consciously unaware citizens. These uninformed zealots have squandered the freedoms that were previously paid for in full with the blood of their ancestors and patriots before them. It is referenced that in 1967, Polish mercenary Rafal Ganowics was asked what it felt like to take human life? The response attributed to him was:

“I wouldn’t know, I’ve only ever killed communists.”

- Rafal Ganowics

Communism is the scourge of humanity. It serves no benefit for humanity whatsoever. Its only purpose is to promulgate the rise of power for those of the baal-osiris communist cult who believe themselves to be the descendants of their gods, destined to rule over humanity through divine right of kings. Their delusional aspirations, so ingrained into their psyche

through a lifetime of religious and psych-social indoctrination and inbreeding makes them equivalent to rabid and mange street dogs, unworthy of coexisting with their fellow man and requiring them to be put down like the diseased animals they are psychologically, spiritually and emotionally.

Ask any survivor or escapee from a communist country their thoughts on the topic of suffering and pain under that form of governance to obtain a firsthand account on the topic. Those fools from western nations, who live in a free society have the luxury to criticize their own way of life, yet they do not migrate to those same communist countries that they espouse so vocally and dearly in their hearts. A western communist (e.g. American communist) is too cowardly to walk and live the path of a true communist, in a communist country. They likely perceive they would be jailed or killed for being the representation of all that is hated by communist ideology. Whether it be as a result of their political leanings, religious beliefs, pedophilia tendencies, sodomite lifestyle, free speech dissenter or simply not representing the ideal image of a communist (uncorrupted by western thoughts and ideas).

Deadbeats, the like of karl marx are parasites that feed off their hosts, incapable of producing anything worthy of humanity's attention. The ideology of the ancient malevolent Babylonian mystery schools espoused by marx, stalin, lenin, mao, albert pike (freemason) and other psychologically deranged minds of even today portend to falsely promote equality, all the while committing genocide and slaughtering opposition voices. There is no public debate to challenge ideas, only bullets, death and suffering. In the end, when the clueless supporter and advocate of communism/socialism in any western nation realizes the error of their ways, they will likely be staring down the barrel of a gun or looking up at the ceiling as they die of starvation or disease in their jail cell. Too little conscious awareness, too late it always seems. A quote attributed to Thomas Paine:

“If there must be trouble, let it be in my day, that my child may have peace.”

- Thomas Paine

The many warriors and patriots of sovereign nations know instinctively right from wrong. Anything that threatens their country, people and way of life should always be grounds for resistance and defiance. Whether it be from demographic replacement, imposition of communistic systems of governance, stripping of individual rights, suppression of free speech and other individual liberties, all are considered warning signs to heed against the coils of communism. Their political prostitute leaders have either sold them out directly to communism or are clearly incompetent and unworthy to represent the citizens of their great nation. The only option at that point is to remove them from office and replace with a natural born citizen of the country that shares the same values as their constituents. Those that infiltrate society and masquerade as one of them should be rejected as traitors.

An informed individual can make informed decisions. Those still consciously unawakened are unaware of the real physical threats of the dark forces that lurk just under the surface of human existence. It is always just a hair trigger step away from mutually assured destruction or peace through strength. Another relevant quote attributed to Thomas Jefferson:

“The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants.”

- Thomas Jefferson

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Chapter 8

CONSCIOUSNESS & SPIRITUAL EVOLUTION: THE SPARK GROWS BRIGHTER

The near death experience early on in life can awaken the consciously unaware spiritual occupant of the human body avatar from their stupor in unexpected moments of life. The normal timeline for obtaining this type of conscious awareness of self is relative to the different truthful and false educational, religious, social and life events that a person experiences in the course of their life. Some may take only a few years to awaken their consciousness while others may take up to, and including, the last day of their life to comprehend they are immortal sentient beings and their human avatar vehicles are merely assigned to them for use in this lifetime. Mankind becomes attached and enamored to the avatar body over time, but it really is only intended to be a temporary vehicle used to experience the physical dream of having a human incarnation.

Others still may never even develop any type of conscious awareness until they have departed the human incarnate plane of existence and are now energy light bodies (and they regain the ability to remember all of their past lives, etc.). Once out of the physical earth plane, they remember they have always been immortal sentient beings and were only incarnating in the human body avatar to have the many experiences in the 3D plane that were intended to be had and shared with the many other supporting actors in the epic movie made to last for eternity called “*my life*”.

What can be done to accelerate the awakening of conscious awareness in any person as it pertains to living life? The response is dependent on factors like access to the hidden

knowledge that is shared proactively by a teacher of the knowledge. Another is to research the many subjects that all lead to the same destination (spiritual growth and evolution). Not everyone can successfully trek up to the highest mountains in the world and immerse themselves in positive thinking for 10-20 years to reach states of nirvana and bliss, ultimately becoming ascended masters at the time of their choosing to complete the physical incarnation experience. For the majority of humanity, other options must be pursued to parallel the journey to achieve spiritual evolution and enlightenment.

If I may interject momentarily some personal thoughts at this point, I will share some of my own experiences on this topic and how they led me onto this path of enlightenment. In this manner, perhaps some of my experiences may provide deeper insights that may not normally be encountered in written books. I have almost been killed more than 10 times in my lifetime. Each has its unique conditions and details specific to that particular event, but all were relevant to me, nonetheless. The resultant outcome of repeated exposures and subsequent survival places the human mind (my mind) into a deep introspection and forces the conscious mind to contemplate other thoughts of reason and purpose for existence, not just those of basic necessities like food, shelter, survival, sex, money and other varied motivations that a normal person will encounter in their lifetime as part of their life lessons.

When I was a very young child, I almost drowned to death, but survived with minimal fright. However, an adult did drown and died that sad day in the lake. She was not more than 21 years of age when she became trapped underneath a submerged tree, panicked and drown. This first exposure to a traumatic near death drowning rattled my thoughts, emotions and planted a seed in my youth that would later grow and mature into something much more. Her life was taken in an instant and unexpectedly, may she rest in eternal peace. Every experience, whether positive or negative (not good or bad) has an intended purpose to teach the one affected, including those around them. Those who do not learn from their experiences

are subject to repeating them until the intended life lesson is ultimately learned and assimilated as part of their spiritual development and growth. Each life is as different as there are drops of water in the ocean. Thus, no two lives can or should ever really be compared side by side, it is not a valid comparison on the spiritual evolution scale. Yes, each may own the same clothing or vehicle, but those are irrelevant material items that are only intended to be props in their own and unique made for movie life; in their dream life.

In my later years of traveling around the world in the military as a Special Operations Force member or as a civilian security contractor, it was mostly in a heavily armed capacity and dealt with establishing, defending and maintaining security by direct action force in conflict war zones. I enjoyed doing what I did and excelled at it at that time of my life. The adrenaline and excitement motivated me to go where most others dreaded. Many are the instances where bullets would crack within millimeters of my body during brief firefights, mortars and rockets detonating near me and shaking me awake out of bed and to the floor. Other times while flying around the jungle in helicopters and having bullets pierce through the aluminum skin of the aircraft, only to miss my body and live another day to laugh about it in hindsight. A quote attributed to Aristotle:

“Knowing yourself is the beginning of all wisdom.”

- Aristotle

The exultation of feeling alive each and everyday, knowing my life could be snatched from me at any time of day or night, made my life interesting to me. I was flirting and taunting my avatar's physical demise and destruction, pushing the limits of my ego to the extreme while strengthening my mental indestructability. The question asked everyday; will this be the day? The next instant was switching my brain to welcome a worthy opponent for the day, so that I could test my own inner and outer strength. As I type here now, many years later, I thank my many enemies for their commitment to becoming

the fiercest catalysts I sought at that time. They helped me to go deeper inside myself and eventually to learn to love another human being. This was only possible by first learning to hate another person to death. My life lesson was learned, courtesy of my enemies of that time. One cannot be effectively achieved without the other and are literally, inseparable. The resulting empathy and compassion resulting from life/death was the catalyst that made it possible to learn to love another.

One cannot adequately learn many lessons in life without the proper catalyst that will evoke the emotion or thought that will lead to further spiritual evolution, for this mankind must always be grateful for their friends, but more so to their enemies which can help give rise to conscious awareness. They are also catalysts that can bring enlightenment to a spirit spark at any time; the person must simply see past the initial shock, anger and then bring peace to the mind. In my particular case, I no longer feel the urge to harm anyone, but rather mostly feel empathy and compassion for their soul.

Each time a life or death situation presented itself to me in my life, I had the opportunity to experience the threat and later review the outcome, unscathed. This continued and repeated exposure to real physical harm over decades builds conscious awareness of man's physical impermanence on this planet, as well as acknowledging the many beautiful things life offers an awakened sentient being. The changing seasons, rise and fall of the sun, the birds singing, the smile of a loved one and so many other moments that can just as quickly be lost in time, like tears in rain. Each opportunity to meet the face of death head on, and live to tell the tale, makes for accelerated conscious awareness awakening and spiritual growth.

Benevolent type of mystery schools of hidden higher spiritual learning are geared for those who no longer fear their physical mortality, for they have discovered, and now know, they are immortal sentient beings that can never cease to exist in the universe. Whether they are a light body energy form, or any type of physical form, the essence of itself can never truly be destroyed, only repackaged and renewed. They can return to

the central sun of the universe, aka the one infinite creator of the universe (God) when it is all said and done. Those who have never had the opportunity to meet head on, the face of death may never know what it means to live as a free man or woman. God has given mankind these rights of free will and human existence, not governments or global corporations.

Any individual who has not had the many spiritual growth opportunities that I or others like myself have been given will find it difficult to artificially create. Regardless, they can be found in unexpected vehicle accidents, skydiving accidents, scuba diving accidents, degenerative disease formation (surviving a mortal disease) and many other events that place the individual's physical life in danger. The experiences of having faced a certain death and survived are capable of destroying any artificially created fear with one of true reality.

The vehicle crash survivor may now have a much different perspective on life in present day than they did before their collision. They are more likely to become more in tuned with the world around them while also becoming more spiritual in nature if they can break free of the artificially created and promoted fear in society. If they were fortunate enough to have had an out of body experience (OBE) during the incident, then they will have had a glimpse into the true realm from which they came, albeit temporarily. When they describe in minute detail the many activities and conversations had by those around the lifeless human body avatar, it is simply the result of the immortal sentient being (spark of consciousness) becoming fully aware of their existence. They realize they are temporarily residing in their assigned avatar body vehicle and are actually capable of existence outside of the body (the sentient spark becomes aware of itself). The value and lesson of surviving a near death event experience awakens the individual's sense and purpose of life. The book "***Proof of Heaven***" by Dr. Eben Alexander chronicles his firsthand experience of having a near death experience.

Western culture and population mind control oriented religions around the world mostly discredit and suppress the

truth of reincarnation, and even the existence of higher sentient beings. Instead, their preferred method to control the populace is to spew fear of fire and brimstone to the masses, keeping them ignorant of the knowledge of their immortal existence and purpose for living. The pontificating of eternal damnation for those who do not fall in line with their cultish beliefs and hierarchy chain of command that must kiss the glorious ring upon the hand of their anointed vatican, mosque or synagogue pedophile representative of their false religion. You have direct communication with God via your love, disregard the false prophets on Earth, they are unworthy of your adoration and were never intended to receive it.

Does the holy man, who spews fear and eternal damnation to disobedient souls have a jet, luxury vehicle, bodyguards and real estate holdings that surpass that of their common parishioner? If yes, why are they not living a pious life and helping those in need within their community and elsewhere? Because they are of a false god and do not represent you, your immortality or the heavenly realms. They only represent their material world of control, shekels and sexual abuse of children as part of their pedophilic cult beliefs. You can communicate with your creator in a blink of an eye. The energy contained in thought is powerful and all reaching. The modern day term that has been used to hijack and replace the thought-energy form is called "*prayer*" today. Thought, complemented with emotional energy will project the message. Simply request assistance in whatever you desire, to include protection for your physical and spirit bodies. That is the secret to conversing with the creator of the universe. Everything happens for a reason in life, simply discern what the message and lesson was intended to be. You are not forsaken, but loved. Your free will determines what you experience in life, no one else. Remember this important detail the rest of your life.

Returning back to the topic at hand, in order to achieve an accelerated development of conscious awareness and ultimately, spiritual evolution while living life, it requires the individual to have or mimic a firsthand life and death experience. However, this is not typically feasible or desired in

practically all cases. The alternative is to simply imagine, really imagine that you have 24-48 hours of life remaining and that you will perish as a living human body avatar after that (your immortal sentient being self will still continue). Really take to heart that hypothetical scenario and live out the role playing as an experiment. What would you do? Watch television, go to a movie, sleep in late, do homework, pay your bills, fix the car, go to work or other? If the answer is yes to any of the above questions, you have some serious soul searching work to do within yourself. Your priorities seem to be misguided.

If you would rather take those same 24-48 hours to tell your family and friends how much you love them and appreciate them, that would be a good starting point. The display of empathy, forgiveness, love and the many other emotions are inherent to the human species and all are available for immediate selection and utilization. When you can place yourself in another person's shoes figuratively speaking and not judge, you are on the path of conscious awareness. When you can forgive yourself and others for offenses real or imagined, you are on the path of spiritual growth and evolution. These things cannot be merely read in any book, memorized and catalogued, they must be experienced and assimilated as part of the spirit spark and subsequently higher soul that has chosen this lifetime lesson to experience them. The dreamer is merely having the dream of human existence.

Spiritual exercises like the aforementioned role playing provides simulated psychological and emotional environments that can advance and transform any sentient being to a higher plane not previously known to self. The one major factor that decides who or when any type of life lesson or experience is obtained is the individual's free will. This inherent ability to choose or not to choose has been purposely embedded into the human incarnate experience. It allows each person to make choices, negative or positive in life. These free will choices and decisions are what ultimately select and release the applicable and relevant catalysts that will continue pushing forward the

many life lessons to have, otherwise spiritual stagnation would quickly ensue and the will to exist would cease completely.

A related hypothetical scenario that is worthy of consideration as part of the conscious awakening and activation process is described below. It relates to actions of selected catalysts, with their individual and collective effects acting on the human mind as part of the consciousness and spiritual growth experience. The important theme is not the broad perspective of the example, but rather the ability of the individual to assume the role of the protagonist and fill their shoes as if the many details were true of spontaneous manifestation.

For example: If a man or woman materializes into existence at this moment in time as a fully grown 30 year old adult, without any previous emotional or life experiences to fall back upon in their lifetime of memories (they are just a few seconds old), they will have nothing. Their memories are just that of a spontaneous manifestation and of the immediate environment around them. If this person was asked to describe what is love or any other emotion from the many infinite available, what could they respond back with as an intelligent answer? They have nothing to compare with or relate to, such is their dilemma. They have a blank slate of emotions and experiences.

Now, have this same person enter into a healthy relationship with a second person of the opposite sex for a year and have them experience all types of traveling, cuddling, happiness, trust, bonding, respect and so forth. They have established a basic foundation of human experiences and can now cross reference them at will as part of the human incarnate experience.

Out of the nowhere, a third person enters onto the scene and becomes the new focus of affection and attraction for the second person. They depart together, leaving the original (first) individual devastated, alone, confused, hurt, angry, jealous, depressed, betrayed and many other feelings on the emotional rollercoaster that ensues. This is a common human experience by the way, and almost a pre-requisite life lesson

experience required to grow emotionally, and evolve spiritually throughout the world. It can be considered a “living life 101” introductory level course in the human passage of rights and incarnation experience.

Now ask the same question that was originally stated to the newly incarnated person a year earlier (first person) - What is love? The response given is now reflective of the emotions produced and comprehended by the original subject, as a direct result of the catalyst (3rd person) entering into and destroying the existing relationship that was already in place between the first and the second person. Without this third person catalyst, there would be nothing to produce the emotional contrast of love by itself between the first and second person. The third person (catalyst) provides the ying/yang or positive/negative component of the life experience, to allow the conscious awareness and contrast of the emotions evoked to manifest and be understood.

The same can be said in many other examples. A stagnant creek does not flow and thus becomes putrid and dead over time. When a rain storm befalls the land, the creek overflows and runs powerfully down stream. How is life any different from this rain catalyst example? It is not, the principle is still the same. The resultant hope is that the spark of conscious awareness may awaken, thus expanding the individual's dream within a dream, having the incarnate life lesson experience via planned events.

In another short example, if you have only used cold water everyday of your 30 year life to bathe and drink, and never knew of the existence of warm or hot water of any type, how would you know the difference if you have nothing to compare it to? After showering with hot water for a few weeks and then taking a cold shower once again (after not doing so during the same time period) it becomes chillingly noticeable the difference between the two water temperatures on the body. The catalyst for this realization was the hot water that allowed the individual to better comprehend the existence, and physical state, of cold water and so on, etc. Without a catalyst

available in all experiences, life and the world would become stagnant and ultimately die over time. A catalyst is the spoon that stirs the pot and mixes all the life experiences into one big delicious soup, rich in flavor, texture, color, aroma and taste.

Be grateful for free will and catalysts, they made you who you are up to this point in your life. Catalysts will continue to help you grow until you no longer want to be enrolled in this higher learning institution of spiritual growth and evolution designed for all sentient beings who choose to be incarnated onto this 3D planet. Others have this capability, but it is not believed to be as rich and varied with all of God's creations. They each add a sprinkle of spice to life itself, enhancing the experience.

There are many life lessons an incarnated spirit spark can have in a lifetime. Those sentient beings that lack many of the emotional experiences that humans take for granted, and possess by virtue of having lived through a series of passage of rights events throughout their lifetime, are there and available to be had by all willing to have them. By having lived the human incarnate existence, it bestows tremendous spiritual growth and evolution to those sentient beings who are deprived of those types of experiences from wherever they emigrated from. They, just like you, volunteered to come and incarnate in the here and now into the universe's school of life, emotions and experiences. There is supposedly no better place in all of the many universes to learn so many things in such a short compressed period of time (a human lifetime). Do you see where this is going yet up to this point?

Does your subliminal instinct, or subconscious self, hint to your conscious mind about who you really are yet? If not, it should become clearer by the end of the book. Hang in there, you are progressing by leaps and bounds now over your contemporaries who are still watching their favorite mind numbing television shows and irrelevant professional sports teams as they waste their lives away. They seem likely to have to recycle back into second grade re-training in the next lifetime, while you are entering into the realms of much higher spiritual growth and conscious awareness.

Some of the common consciousness questions typically asked by incarnated and awakening humans are intended to act as catalysts, in order to instigate the mind into deeper thought and introspection. These are the hints left behind like bread crumbs to follow when you awaken from your stupor.

Who and What am I? – You are an immortal sentient being that has incarnated into this incarnate lifetime to have many different life experiences in order to continue your spiritual growth and evolution. You emanated from the one infinite creator (God) and have lived many different existences, both in physical and energy life forms. You are presently a splinter of the spark (spirit), which itself is a splinter of a spark (soul) which ultimately is traced back to God. You are an individual piece of God. Collectively, every sentient being together is the composite of God. Everyone is one and what you do to others, you do to yourself in the end. There is no escaping karma in that respect.

What is the purpose of my life? - This is your school of life movie and everyone around you is a supporting actor and actress. Each has its support role to play on your behalf. Likewise, you are a supporting actor/actress in many other immortal sentient beings movies as part of mutually supporting contracts and agreements you made with each prior to incarnation. There really are many reasons for living life, but the overall purpose or theme appears to be spiritual growth and evolution of self. Where the term self is converted to selflessness. When a person can transgress the many volatile emotions through firsthand experience, understanding, compassion and wisdom they are on the path of enlightenment. If another person has trespassed against you, or intended to harm you, the choice is given to reciprocate those same emotions or simply to forgive the other and only send compassionate thoughts so that they too can grow and escape the negativity they are unknowingly trapped in on the negative wheel of karma.

An interjected thought for your contemplation: Does a worm know it is blind, or even care that it is blind? It lives its life,

regardless of the ability to see or not. Mankind in turn lives his life, whether stumbling through it in ignorance or not, does he even care if he is oblivious to his consciousness awakening?

Is my life fate or manifest destiny? – There are no coincidences in life, just as you are reading this book for a reason. You were guided to find this book and be exposed to its different concepts in order to help expand your consciousness. Each event in life has a structured and intended purpose for some end objective. Yes, free will dictates that you can go right or left at any intersection, but eventually all side roads lead back to the main highway to reach your Rome. Your life was already pre-selected by you prior to your incarnation. If on any particular day, you were intended to meet someone while you ate ice cream or a sandwich at a restaurant, whether it is vanilla, chocolate or other flavor (free will) is irrelevant; you will still choose the ice cream and interact with a catalyst that will result in whatever lesson is pre-planned for you to have with that person. When an individual rejects their pre-planned experience by defying their own subconscious intent (not going to the restaurant), eventually the individual will be stopped in their tracks and forced to get back onto the path to graduate this school of life and continue the process of learning by having experiences.

Am I on the right path? – If you are reading this book, you are taking a step in the right direction. Your path is different than most everyone else's. You must learn to listen to your inside quietly and let your subconscious self help guide you to your intended goal. The subconscious has always been with you all your life. It is your guide, counselor, best friend, guardian and always has your best intention in mind. Those times that you were delayed because you woke up late or some other event delayed your intended routine for the day may have averted a fatal accident that was about to ensue (your death). Perhaps a freak accident and the piano fell from the truck and onto the highway right in front of your vehicle that would have been there had it not intervened to protect you. The gut feeling that something is not right, or not to trust someone when you meet them, and hundreds of similar unconscious thoughts, etc.

That was your subconscious protecting you. Ultimately, your path will be reached in this lifetime or the subsequent lifetimes, if you stay on your intended life lesson path. It is no fun to have to repeat any school grade, why repeat a life lesson over and over while your peers reach nirvana and ascend to the higher plains of dimensional consciousness without you?

To expand further on this subject, whatever life you were born into (physical, social, economic, political, educational or other) is the ideal one for you to have your applicable life lessons. Others have different life lessons to experience, thus require different stage props so to speak. In hollywood, you would not go to a cowboy studio with their props to film an alien space craft encounter, they do not complement each other to make the movie. Similarly, life plans that each person makes (or doesn't) when they are young, as to what they want to be or do in life are all related to their individual needs. Does the person born blind imply they want to learn to love unconditionally, without the appearance of physical beauty influencing them through their eyes (vanity, egotistical or materialistic)? How about those with physical disabilities or the parent's death of a child, etc.? How are these types of experiences related to life lessons? In one way or another, whether it is the individual directly, or the other person, each has a role to play and learn from their life lessons. That is why they chose each other to have this mutually beneficial experience for spiritual growth.

What of the grieving parent who lost their child, how is a traumatic event like this considered a life lesson one could ask? The responses are limitless, but ultimately the life lesson is there to be learned. There is no intervention by God as this world is a free will planet. There can be no interference without consequences. In some instances, the higher sentient beings that are born have never incarnated and instantaneously reject the human avatar vehicle upon sensing its heaviness upon birth. They are unaccustomed to the saturation of negativity that envelops the planet through wars, crime, anger, hate, greed and the many other emotions that the incarnated and initiated human spirit has been able to

successfully traverse through and survive to present day (you). The passage of rights from birth to death make each individual life a testament to the human body avatar's resilience to survive on such a challenging planet, both physically and emotionally. Those who departed early will have other opportunities to try again, when they are ready to do so. Free will, it allows flexibility in certain areas, but ultimately, the same life lesson end objective will be reached. It must be understood that each sentient being is at a different level of spiritual evolution and those trapped in negative karma are likely required to repeat the same lessons over many lifetimes, until such time as they can overcome their negative wheel of karma. A quote from the singer of the rock band Dio:

“Life is a never ending wheel” – Ronnie James Dio

Mankind can ultimately make all the future plans he desires for self, but life has its own plans in store for each individual and these typically usurp those of man. Life is to be lived in all areas, not delayed and postponed involuntarily for a projected future date that ultimately never manifests, leaving the person empty and disappointed on the choices made. Material objectives that do not bring emotional or spiritual value to life should be bypassed and replaced with enriching and positive experiences. These will resonate through eternity once departed from the human body avatar and the Earthly plane. The “quickenings” continues to unfold before your very eyes.

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Chapter 9

YOUR AVATAR BODY: HONORING & REBUILDING YOUR VEHICLE

Man, through transgression of natural law, has caused himself irreparable physical, emotional and spiritual harm over the centuries through improper food selection, consumption and lifestyle habits. Once an individual realizes their lifestyle and food consumption habits they learned in life (e.g. academia food pyramid chart hoax, television, family and society) are designed to undermine, cripple and ultimately destroy their human body avatar precipitously ahead of the genetically programmed minimum 120 year lifespan expiration date, they will have a better chance at living life. In the meantime, proactive countermeasures can be implemented that can help neutralize and reverse some of the damage done up to that point of living life.

The human body avatar is the spiritual occupant's luxury model vehicle for their incarnated experience of a lifetime. It is not merely a flesh and bone vehicle that should be branded with tattoos, poisoned with alcohol, drugs or filled with contaminated and processed foods. It is your partner in life that has been chosen by you before you were born, specifically to experience those many life lessons that are waiting for you to have. A relevant excerpt that encapsulates mankind's dilemma so poignantly is from Dr. Charles De Lacy Evan's book *"How To Prolong Life"*:

"What is man without health, even if endowed with riches? Take away the latter and their accompanying luxuries – only give him health; this accomplished, the first desire is a return to riches. But with both a word remains which we hate to utter,

a thought we dread to contemplate, a thing which gives sorrow, pain and grief. That word, that thought. That thing is Death. Even in cases where life appears a burden, how tenaciously do men cling to it! How the spirit recoils from a struggle with Death! How fondly it retains its grasp of life! Man's great desire is for health and long life on earth; to this there are but some few exceptions – the result of incidental impressions. Man clings to the world as his home, and would fain live here forever.”

- Charles De Lacy Evans

Your life is not a composite of random events, but is rather following a structured outline that allows for minor deviations. These are allowed due to the universal law of free will that is in place for this planet. If the body is properly fed, operated and maintained, there is no reason why it should not reach the minimum lifespan of 120 years of age. In many instances, far surpassing that minor milestone in age. There are historical records which validate human lifespans of 120, 130, 140, 150, 160, 170 and more years of age that have existed in recent documented history. The book “**Records of Longevity**” by Thomas Bailey is one of many on the topic that chronicles human longevity with facts and names, disproving that mankind is genetically limited to a measly lifespan of only 70 years of age or less. Nothing could be further from the truth for a consciously awakened spirit in the human avatar form.

Without conscious awareness of the effects of improper lifestyle living, and the lack of wholesome food selection for consumption, the global depopulation programs will continue to extract the many tens of millions of innocent victims every year to their eugenics body count tally. The full spectrum of victims, from the innocent gestating fetuses to the deceived elderly who are institutionalized and bed ridden with little, if any, quality of life are targeted. The many varied processes for reversing out all types of diseases from the body are segregated from mankind's individual and collective conscious awareness. None can reverse these processes unilaterally

without first obtaining the relevant knowledge on how to do so. A question to ask self – why was I not shown or taught these concepts proactively during my academic schooling or even home life?

Only when the combined effort is put into practice can the individual begin to dig their way out of the hole they have been incessantly digging for themselves since before they were born. Your erroneous and injurious eating and lifestyle habits are basically killing you, one bite at a time. Once consciously aware, there can be no going back to the old injurious lifestyle habits and ignorance, unless an accelerated physical demise is what is desired and intended by the spiritual occupant of the human body (you again).

The blind or even limited consumption of unhealthy alcohol, tobacco, animal meats, dairy products, cereals, breads, seafood or healthy vegetables, fruits, nuts, distilled water and the many other different food consumption and lifestyle protocols do not ensure or guarantee life shortening or life extending elixirs by themselves. Rather, improper food consumption and injurious lifestyle habits will impede and curtail what is inherently a minimum 120 year natural lifespan of the human body avatar, if healthy lifestyle habits are followed.

The individual who claims drinking one glass of wine and smoking a cigar daily as part of his longevity lifestyle regimen habits, or the woman who only consumes dairy products with a biscuit everyday may claim that it is their secret to long life are both erroneous. Both are fortunate to have exceeded the average lifespan of their many peers that have allowed them to reach the centenarian age. However, they have reached that long life age despite their poor lifestyle habits, not because of them. If they only realized a lifetime of wholesome food consumption, in moderation or temperance (not overindulging in food consumption), they would have by default likely resulted in a 120+ year lifespan from the onset, in spite of their poor habits.

How then are their unique and peculiar lifestyle habits even relevant to increasing longevity? They are not. They lived longer, in spite of their poor lifestyle habits, not because of them. Every injurious lifestyle and food consumption habit (e.g. drinking, smoking, drugs, other) all decrease their default 120 year minimum age of longevity. This knowledge is purposely suppressed from the mass populace, categorizing as folklore and fantasy the ability to surpass the centennial lifespan. A major key factor is temperance, or rather not over indulging in any type of food or activity. The consumption of smaller portions of food, as the body becomes older is key to this end. The lean-mean, fighting machine is resilient, not the overweight, bulked up and over indulged.

It is the common man's individual and collective misfortune to not have received the true knowledge and information on how the human body avatar vehicle was designed to be fed and intended to operate. This suppressed and manipulated information has led to massive human suffering and pain around the world. Those who have the knowledge and keep it for themselves attempt to control their brethren and sisters for nefarious purposes. How many of the ruling political and social classes live well into their 80's-90's-100's in good health while the global masses are radiated, poisoned, contaminated, butchered, mutilated by conventional medicine and left to waste away in pain and misery by the end of their artificially shortened lives? Those in the major high rise prison cities are most susceptible to falling prey to the various culling programs, while those in the countryside have less exposure to the same toxins, contaminants and pollutants during the same period of time. Less exposure results in less harm to the body. It is all related. A quote attributed to Hippocrates:

“If someone wishes for good health, one must first ask oneself If he is ready to do away with the reasons for his illness. Only then is it possible to help him.”

- Hippocrates

A very important aspect of healing and curing the body and spirit is a conscious and subconscious desire to heal thyself. In some instances, the subconscious mind wants to destroy itself in order to return back from whence it originally came in the ether. This paradox can result in indecision, deception, disinterest and apathy. It serves no purpose to try and assist an individual who deep down has no interest in saving themselves. As such, only those who truly want to be helped and healed will achieve that end result. Basically, a person cannot be helped if he does not want to be helped consciously or subconsciously. In consequence, do not fret, worry or insist in helping the individual, they are not willing to address or make the hard choices and changes needed in life to effect a healing process to manifest and save themselves, from themselves. It is their manifest destiny to continue on their path to self destruction caused by artificial fear and voluntary ignorance, so no effort should be expended or wasted on individuals who merely seek momentary martyr attention or spotlight as a victim of their own making.

Those who truly aspire to heal themselves and take control of their health will do all that is necessary and take corrective food consumption and lifestyle habits, post haste. These attitudes are more common than expected, thus reaffirming that not everyone can be saved, nor wants to be saved from their self created predicament. Free will; it overrules any benevolent intent to assist an incarnated spirit who is on the path to self destruction. It is best to be in service to self first, then you can be service to others without having to go back to work on yourself, back and forth. Once you are well, you become a beacon and example for others to emulate, knowing your experience was successful and not another person sharing a disinformation fad lifestyle purposely intended to steer humanity off the path of self treatment and healing. The many diet fads or programs that emerge every 5-10 years onto the public psyche (e.g. consume only meats, or only carbohydrates, or only xyz, etc.) are intended to keep the populace confused and chasing their own tail, away from the true knowledge of self healing. Remember, a patient cured is a customer lost in conventional medicine.

The various different aspects for achieving better health that require attention are broken down mostly from a systemic point of view, in order to streamline and maximize the probability of success in the most expedient manner possible. The below four (4) main summaries of the human body are intended to expound the knowledge base of what and why, thus helping more quickly to achieve the end goal of living a healthier lifetime with conscious awareness (not by chance).

1. Cleansing of the Gastro-Intestinal (GI) System: This involves purging and expelling accumulated and built up fecal material, colon plaque buildup, parasites, candida albicans fungus and other unsavory and unwanted freeloaders. The normal functioning of the intestines requires having regular bowel movements (BM). If the individual consumes three (3) full meals each day, then there should be an equivalent 2-3 BM's each day as well. In a hypothetical exercise, if three meals were eaten yesterday, three meals today and three meals tomorrow, that equates to nine (9) meals over three days. If there is only one (1) BM x each day x 3 days, then there are $9-3 = 6$ BMs in arrears, still trapped inside the body.

Now multiply this pattern by 1 week, 1 month, 1 year or even 1 decade. The accumulation of fecal and colon plaque waste material is evident by the distended abdomen, chronic and malodorous flatulence, skin diseases, lower back pain from shifting forward the center of gravity of the belly and the manifestation of any type of degenerative disease. The books ***“Tissue Cleansing Through Bowel Management”*** by Bernard Jensen, ***“Health via Food”*** by Dr. William Hay, ***“The Fasting Cure”*** by Upton Sinclair, ***“New Body – New Life”*** by the author and others all expound further on varied protocols and concepts that are a must read for anyone determined to recover their avatar from the clutches of certain health demise. Once the mind becomes aware of what to do and how to do it, it is much easier to achieve. A quote attributed to Hippocrates:

“All disease begins in the gut” – Hippocrates

2. Cleansing of the Liver: The liver is the body's filter for blood. It separates and purges toxins and other morbid and injurious materials that have managed to infiltrate into the body and bloodstream. The development of fatty livers, cancer, cirrhosis and other diseases are attributed to a dysfunctional liver. The filtering mechanism has become clogged with fats, bile stones, parasites or other toxins. Once cleaned and purged out of the over 800 liver ducts, it can become fully functional again and perform optimally. The liver has the ability to regenerate itself with new tissue, if supplied wholesome foods.

There has been in existence a liver flush/cleanse protocol around for thousands of years of human history. The main components involve consuming epsom salt in water, which serves to dilate the liver ducts (consumed before and after the 50/50 mixture of olive oil and grapefruit juice) and simultaneously also acts as a laxative to purge the intestinal tract of any stagnant fecal material that can potentially block the expelled contents of the liver. The mixing of ½ cup of extra virgin olive oil and ½ cup of grapefruit juice and consuming quickly, then resting for the night is the protocol. This mixture's purpose is designed to penetrate into the many fine and large liver ducts, lubricate the passages and then expel the obstructions out in conjunction with epsom salts. The books "***The Amazing Liver Cleanse***" by Andreas Moritz, "***Cancer Cures***" by Dr. Hulda Clark and "***It's the Liver Stupid***" by James Clark all provide more details and variations on how to perform effective liver cleansing protocols. Once the liver is clean, then it can more effectively eliminate wastes from the blood and body, quickly helping to return homeostasis to itself.

3. Cleansing of the Kidneys: This entails the genitourinary (GU) system (kidneys, ureter, bladder and prostate) cleansing protocols. The accumulation of inorganic mineral salts (calcium, lime, nitrates and others) throughout the individual's lifetime eventually results in the formation of kidney stones and prostatitis. Hard water, soft water and processed foods like nitrate saturated hotdogs, cold sandwich meats and other meats contaminated with inorganic minerals

and vitamins (basically granules of stones) accumulate not only in the kidneys, but the rest of the body and its organs. Once the concentration level of the inorganic minerals exceeds the kidney's capacity to expel them, they may become trapped, grow larger and require surgical intervention to dislodge, thus tearing through the delicate tubules and ureter, resulting in massive levels of sheer pain, blood loss and physical discomfort as the kidney stones are expelled out of the body.

Also, the infiltration of bacteria like E. Coli and other pathogens via the GU tract can result in nephritis and severe bladder infections. In the case of urinary infections, the consumption of parsley root tea/infusion has been very effective for hundreds of years in eradicating any type of kidney infection passively. In relation to kidney stones (e.g. gravel stones), the use of knot grass tea (*Polygonum Aviculare*) is effective in removing the inorganic material, alleviating pain, reducing the size of the stones and dissolving them into smaller pieces. In his book "**My Will**" by Sebastian Kneipp, he relates how one of his many thousands of patients was able to expel passively dozens of kidney stones by merely drinking several glasses of knot grass tea daily for a week. No pain and effectively cured his kidney and bladder stone accumulation. Dr. John Christopher references the consumption of gravel root tea and burdock tea to reduce and expel accumulated inorganic mineral salts from the body. In his book "**Herbal Health Care**", Dr. Christopher discusses many different protocols to cure and heal all different types of diseases naturally, by use of natural plants.

4. Cleansing of the Blood and Lymphatic Systems: The blood stream is where oxygen, nutrition and wastes all travel together every second of the day. It is the vital stream of life that keeps a person alive. The blood receives its nutrients from the gastro-intestinal system. The nutrients pass through intestinal side of the wall to the blood stream through fine vessels. If the nutrients absorbed in this transference process are contaminated, by interacting with rotting and stagnant fecal wastes in the intestine (constipation and poor diet), these contaminated nutrients are what migrate into the bloodstream

and eventually disperse throughout the body. Different sections of the intestine nourish different organs and systems of the body. If one section of the intestine has pockets (diverticulitis) of waste material accumulated within it, the corresponding organ that feeds off that section or branch ultimately is effected by the poor nutrition in the blood it receives, making it become unbalanced physiologically and ultimately diseased. In extreme cases, the development of leaky gut syndrome (perforations in the intestinal wall, resulting in waste material leakage into the abdominal cavity) can cause sepsis and other related infections. If the source of its nutrition is contaminated, then the associated body organs shall also become contaminated and injured in the process.

The cause and effect scenario holds true for the remaining sections of intestine and their associated organs fed by the contaminated blood. The blood can be cleansed passively by the herbal tea consumption of various different herbal plants like red clover, cayenne pepper and others. These plants have different properties and powers, but the end result is that they help clean the blood of impurities that are the building blocks for the formation of any type of disease in the body.

The lymphatic system can be considered the mass sewage system of the body. It is many times larger in volume than the bloodstream. It carries the cellular wastes from throughout the body and into the lymphatic ducts where they are further collected and processed out eventually from the body. Unlike the bloodstream that is continuously flowing as a result of the heart pumping non-stop, the lymphatic system is passive in nature. Unless the body has physical motion, the lymph material stays stagnant. This requires the body to have motion (e.g. robust walking, running, exercising, skin brushing, etc.) in order to keep the accumulated cellular wastes excreted (lymph material) and flowing out from each and every cell.

When a woman discovers a lump in her breast, it is typically stagnant and accumulated lymph material that has been trapped at that location. Whether it be a result of using an unnatural constricting bra, lack of exercise, poor diet or any

possible combination, the end result is that the waste material in the lymph node has not been processed out of the body efficiently and may have hardened to become a tumor of any size. The term Lymphoma is basically cancer of the lymph system in layman's terms. By cleansing the GI system, performing lymphatic brushes daily, consuming clean foods, exercising and consuming medicinal plants that help break up and expel the stagnant lymph material quickly results in rapid reduction of the lymph lump and eventual healing.

Generations of physicians have been misled and misinformed on how to treat and cure patients during their medical school training. It appears they are taught to treat symptoms instead of curing the root cause of the disease. This generalization appears to be their mantra, to their patient's misfortune. The only benefactors of this conventional medicine business model are the chemical, pharmaceutical and for profit hospitals that derive their earnings from the trusting and unsuspecting victims. A patient cured is a customer lost. One of the best methods to prevent diseased blood and compromised lymphatic system to manifest is to clean out the intestines of putrefied wastes, consume wholesome foods and perform regular exercise. The assistance of some herbal plants may help accelerate the healing and curing process, but generally it is a self help protocol to recover one's blood and lymph health.

Depending on the source, fad or prejudice of the era, it has long been confirmed that the human body should refrain from consuming water (hardened, soft or other) which is inherently acidic in nature, or contaminated by mankind with toxic fluoride and other chemicals. The position held by many naturopathic scholars of past and present history is that the many fruits, nuts, vegetables and alike all contain the purest (naturally distilled water) within its composition. By consuming the different fruits that have various levels of concentration of distilled liquids (watermelons, cantaloupes, coconuts, oranges, grapefruits, grapes, apples and alike), these all provide the necessary clean and distilled water the body requires for its daily operations and maintenance.

If supplemental water is needed to be ingested due to physical exertion or environmental exposures, then only distilled water is considered optimal for the human body. All other soda pops, artificial juices and chemically produced and marketed sports drinks are ultimately injurious to the human body in the short, mid and long term. Even rain water is considered contaminated with aerosol pollutants, volcanic ash, airborne industrial discharges, aviation fuel exhausts, chemical trail pollutants and even harmful radioactive particles that mix and merge with the rain and snow during its descent to the soil.

To elaborate further on the consumption of clean (distilled) water versus common creek, river, well, tap water, bottled water and others, there is a distinction to be observed and clarified. Each day and year of life, the human body avatar consumes and accumulates all different types and quantities of inorganic minerals. In the younger years of life, these inorganic mineral salt accumulations and deposits are not readily visible or detectable. However, as time elapses into the fourth decade and beyond of life, the subtle signs of the inorganic mineral salt deposits make themselves known. These can be the graying of facial hair on men, graying of hair on the scalps of both sexes and the commencement of any type of arthritis. Whether it be classified as mild or rheumatoid, they mostly share the same etiology or genesis of inorganic mineral salts deposited in those locations that are suffering pain and inflammation. No amount of pain medication can remove the inorganic material, thus condemning the unsuspecting patient to a lifetime of suffering. Only through the physical removal of inorganic minerals with distilled water, gravel root or burdock root will some quality of life or full healing transpire. How fast depends on how consciously aware and committed the person is to curing and healing their own body of the disease they caused by poor lifestyle habits.

The term of past medical history dictionaries named "Ossification" refers to the accumulation of inorganic mineral salts within the body, resulting in pain, stiffness and limited range of motion of the individual. False science and false medicine attribute arthritis to old age, or excessive natural

wear and tear over the span of the person's life. There is no escape from the inevitable maladies of becoming older, according to conventional medicine. Truth be told, the catalyst for these types of signs and symptoms are founded on improper food consumption and lifestyle habits. The many inorganic minerals contained in the previous sources of water are the usual suspects and antagonists to human suffering. The ossification is slow, but continuous. With each passing drink of hard water consumed, the insoluble grains of mineral salts become lodged in the skeletal joints, organs, tissue, arteries, veins and alike. The analogy can be made of taking a single grain of sand from the beach everyday since birth, until 70 years of age. How many grains of sand are now trapped within the human body at that age? Can the individual begin to sense changes to their body when the critical mass level of these grains now effect their joints and mobility? The response is yes, and it is completely preventable and reversible.

The ossification of the organs and body are mainly due to the insoluble inorganic calcium, lime and other mineral salts accumulated over a lifetime of human existence. These are the culprits that have been amassed to wreak havoc on an unsuspecting human avatar vehicle. Consumption of phosphoric acid containing foods is also claimed to help reduce the accumulation in the body of the ossification minerals.

Dr. John Christopher has used plants like Burdock Root, Gravel root and drinking only distilled water have resulted in major improvements in health, up to complete healing and curing of many wheelchair bound and bed ridden patients suffering from all types of arthritis. Many would be walking and living a normal life within 6-12 months, after performing body cleansing protocols and only consuming distilled water or the aforementioned plant teas/infusions by the gallon each day. These bind to the inorganic salts and are then excreted naturally through the urinary system, pain free and without any type of toxic medication. The water related books "***The Choice is Clear***" by Dr. Alan Banik, "***Water – The Shocking Truth***" by Paul & Patricia Bragg, "***The Drama of***

Fluorine: Arch Enemy of Mankind by L. Spira, ***Herbal Health Care*** by Dr. John Christopher, ***How To Prolong Life*** by Charles De Lacy Evans and many others all accurately identify the real physical threats posed to human health via contaminated and polluted water. Their accumulated facts, research, statistics and natural medicine cures all serve to help ignite the spark of conscious awareness.

Distilled water is considered a major factor to recovering and maintaining good health from the onset of life, and until the individual is ready to call it quits on this majestic journey of potential experiences. An informed individual is empowered to take control of their own life, and not aimlessly wander about the bardo, dazed and confused for eternity of who they are and what they should be doing to achieve maximum spiritual growth and evolution in each lifetime.

Another area that is just as critical as the aforementioned topics is dental hygiene and its effects on the human avatar. All the food and drink an individual consumes in their lifetime must normally pass through the oral cavity, with very few exceptions. If the mouth cavity is dysfunctional, diseased or inefficient in any manner, that directly and indirectly affects each and every organ and system in the body. They are all connected in unison. When any organ or system becomes weakened or dysfunctional, the relevant backup organ must carry the burden and assume the duties of the weakened organ. Over time, this taxes all of the organs in the collective dysfunction, manifesting as a degenerative or systemic disease. At this point, conventional medicine will normally treat the symptom (whatever disease manifests) in lieu of addressing the root cause (the original organ or system dysfunction).

The dental field has also been complicit with the medical field in systematically injuring, deceiving and culling the unsuspecting human population via different methodologies for more than a century, by voluntary omission. The dental field has generally accepted the prescribing of fluoride, indiscriminate use of mercury amalgam tooth fillings and the many other unnecessary procedures likewise for teeth removal

with few public exceptions. There is absolutely no justification to utilize any type of toxic and carcinogenic material like mercury, in any quantity, to treat any human medical issue, let alone use it to backfill dental cavities in children and adults alike of all ages. The practice of knowingly contaminating the human body with toxic mercury fillings is criminal negligence.

In the USA for example, over 100 million amalgam (mercury) tooth fillings are performed every year. Each individual is susceptible to heavy metal poisoning and the resultant slow development of unexplained sicknesses. The fluoride previously mentioned destroys human teeth, making them brittle and discolored, resulting in a mottling appearance (dental fluorosis). There is absolutely no benefit to having a toxic and fatal chemical injected into toothpaste, table salt, baby water, bottled water or any other item intended to be consumed by a human or animal. It is one of the most corrosive acids in the world and toxic to human health. The books “**Nutrition and Physical Degeneration**” by D.D.S. Weston Price, “**How To Save Your Teeth**” by D.D.S David Kennedy, “**Dr. Charles Bass and The Bass Method: One Man’s Crusade To End Tooth Decay and Gum Disease**” by Dr. Charles Bass and many others clearly identify the culprits of disease formation and how to mitigate the harm to the human body for a long and healthy lifetime of existence. The uncontrolled consumption of sugar and the rampant use of mercury and other harmful chemicals used to brighten teeth, treat infections or even surgeries that remove teeth, gums and bone unnecessarily are the causes of most dental health issues. All contribute to the destruction of the human body. All roads lead to a shortened lifespan and accelerated death with the uninformed use of harmful chemicals, heavy metals and toxins in the human body.

The topic of unnecessary wisdom teeth removal, and how it has become big business in the west, cannot be overstated. In very few cases it is necessary to remove them, but the propaganda marketing business model advocates for their removal without credible justification other than cosmetic, even though no one can see them. A side effect of having any wisdom teeth removed is the potential development of an air

pocket or chamber upon its removal. This can result in systemic, long term sickness without being able to discover what is causing the person's sickness and pain. If the ligament that is attached to the tooth and bone/gum, is not also completely removed in the extraction process, the resulting enclosed bone pocket cannot backfill itself with organic calcium and harden. The hollow bone pocket allows for bacterial growth to incubate, colonize and subsequently escape into the systemic bloodstream throughout the person's life until it is accurately diagnosed and surgical intervention is performed once again to remove the infected ligament. Once removed, the pocket can now safely be backfilled with new bone and sealed. No quantity of antibiotics can ever penetrate the bone pocket to kill off the pathogen colony. Many patients have unexplained malaise, low grade fevers and other signs and symptoms for years without ever discovering what is the root cause of their ailments. Incomplete ligament removal of the wisdom teeth may be a prime suspect in some instances of patient sickness.

Similarly, the global advertising and marketing campaigns to consume increasing amounts of sugar at all levels have exploded over the last century and resulted in unprecedented dental caries, rotting teeth and calcium deficiencies (sugar leaches calcium from the body and bones), periodontal disease (pyorrhea), peripheral vascular disease (PVD), arthrosclerosis of the heart, increased cholesterol and triglyceride levels, increased hormone levels in the body and other related diseases like diabetes. All were avoidable simply by not consuming any type of processed or synthetic sugar that is now added to practically every processed food on the market.

What few people realize about sugar is that it not only destroys teeth, it has been directly linked to the formation of arthrosclerosis in the arteries of the heart. It is also considered a major factor in the development of diabetes in children and adults. Concentrated fructose is considered very harmful to human health in comparison to naturally occurring glucose in fruits and foods. The sweetener aspartame is considered toxic to human health and is not recommended for human

consumption in any quantity, including the many other synthetic sweeteners marketed to unsuspecting consumers.

Clinical research findings conducted by John Yudkin highlights the cause and effect relationship of sugar in great detail. In his book “**Pure, White and Deadly**” first published in 1972, he shares his many decades of research in nutritional health and his battles with the big sugar industries that continuously slandered and attempted to undermine his clinical findings time and again. Most people believe that unhealthy fats are exclusively the main cause of developing atherosclerosis and coronary artery disease, but Yudkin’s research points to sugar as being likely the prime antagonist for the development of heart disease. Interestingly, in naturopathic medicine, the consumption of organic Apple Cider Vinegar (ACV) in distilled water has been found to be very effective in removing the atherosclerosis plaque throughout the body, dissolving the harmful inorganic calcium deposits, along with the many other inorganic mineral buildups passively (e.g. rheumatoid arthritis, etc.).

The explosive per capita consumption increase from just a few pounds of sugar per year a few decades ago, to 100-200 pounds or more of sugar each and every year now place the uninformed and consciously unaware sugar consumer in a dire health crisis situation. In reality, sugar is very much like cocaine and heroin in many regards. These are all addictive and cause irreparable harm to the human body. The only difference between the three is that one has been legalized for public consumption by not being labeled as an addictive ingredient that is also harmful to human health. Just as alcohol and tobacco were once considered safe and sold over the counter to unaware consumers of their day, time and uncensored scientific studies eventually demonstrated the real harm to human health these products produced with their use.

The hundreds of millions, or rather billions, who succumbed to their cigarette advertisements and alcohol commercials were convinced of their merits, because their television told them it was ok to do so and trusted it (TV). Will it be a matter of time before sugar is recognized for its real injurious

properties or will the sugar lobby continue to suppress and control their political prostitute legislators to look the other way? Perhaps until the next election cycle when the campaign contributions can help sway favor in one direction or another.

Likely the biggest obstacle to healing and curing any type of disease is the aloof spiritual occupant of the human body avatar that continuously interferes with the natural healing process, by blindly consuming toxic medications or living a lifestyle that is injurious to their health. When conscious awareness is achieved by whatever manner available, the individual will come to understand fully that they have been deceived and misled since before they were born on how and what to eat. The wholesome foods that were placed on the earth for human consumption have been replaced by nutritionally stripped down and processed food products; these merely masquerade as some type of edible and artificial hybrid food. All cereals, white flours and long shelf life processed foods saturated with chemical preservatives are all injurious to the avatar body health and only serve to destroy itself from within when consumed. These are considered the building blocks of human diseases once they are inside the digestive system and dispersed throughout the body.

Contaminated foods like soy beans, soy bean oil and others are all injurious to the human body. The chronic use of cancer causing herbicides and pesticides on the crops ensure the growing plants absorb and integrate into their DNA those same harmful and poisonous chemicals. These soy beans directly affect the male avatar due to the naturally occurring high estrogen content within them. This results in effectively emasculating and transforming the masculine males into effeminate males, including the development of male breasts if sufficient soy estrogen hormones are ingested. The safe alternative is to not consume any foods containing soy bean oil, but rather coconut oil or organic olive oil in its place. Once the individual realization kicks in that they were instrumental in manifesting their own ill health, this will evoke anger, but that negative energy should be re-packaged into positive energy and used to reconstruct the body with even more

fervor, leading to an accelerated healing and recovery of human body avatar to full strength and renewed health.

It can be surmised that practically all of the health ministries and governments from around the world are not typically interested in helping its citizens to cease and desist from their daily harmful lifestyle consumption habits (e.g. smoking, consuming alcohol, all types of sugar, poisonous salt, dairy products, animal meats, western diets and others, etc.), but rather defaulting to the excuse that it is not in their mandate to do so. They will likely exclaim that free market capitalism and individual free will should be the deciding factors on what any of its citizens ingest into their own body. These types of prepared comments are music to the global conglomerate food manufacturers delight (of governmental non-interference) to help reinforce their consumerism messaging to their consciously unaware victims, via the food pyramid chart hoax. Any pushback from the government would subsequently lead to a drop in sugar consumption and other harmful processed food industry products that masquerade as healthy food.

Health and nutritional education is a farce in most countries. The government will classify and tax alcohol, marijuana, tobacco and other revenue generating categories, despite them being controlled and considered harmful to human health. The irony and hypocrisy can only be described as selected revenue enforcement. History has demonstrated that governments could not control the production, distribution and consumption of the aforementioned items, thus opting instead to profit from their commerce by taxation and regulation. If sugar was classified as a controlled substance like cocaine, most mothers and families would desist from procuring any processed food stuffs that contained it and thus, would ultimately decimate the sugar industry. As such, it is understood why the sugar lobby is one of the largest in the USA and some other countries. The campaign contributions to their favored legislator would potentially be much more economical than going broke by not being able to sell a controlled and addictive narcotic (sugar) to pregnant mothers,

growing children, obese adults and diabetic seniors, to include all other population groups in between.

Expanding the conscious mind in a broader sense, real nutrition is obtained from food grown in uncontaminated fertile soil, complete with the 92+ minerals and vitamins needed for it to grow to its maximum potential. The many trace minerals required for healthy growth have long been systematically stripped from most growing soils over the many decades and centuries due to over cultivation, poor farming practices and environmental conditions. These nutritionally depleted soils, and their harvested foods destined for human consumption are mostly devoid of the many minerals and vitamins needed for assimilation into the body. They are all needed in order to maintain and sustain human life. It is estimated that twice as much food volume is needed to be consumed today, in order to extract the same nutritional equivalent in comparison to previous decades. The book “***Sea Energy Agriculture***” by Maynard Murray shares the knowledge of using sea water to replenish and rebuild nutrient deficient farm lands that can explode with more nutritious, larger and more voluminous crops. These can help rebuild the human body with all the 92 minerals and vitamins it requires for wholesome health. In a direct way, you are what you eat. If your food is not wholesome (natural and enriched with the necessary nutrients), then the body begins to assimilate the negative components of the food ingested, which then weakens and becomes susceptible to sickness and disease formation.

A question to ask the self is: How did I learn to select my food for consumption? Was it family, friends, academia or television commercials? It is estimated that by the age of twenty, an individual watches on average 100,000 commercials of 30 seconds or less duration. By the time the person reaches 60 years of age, they will have watched an average of 300,000 commercials. This is called indoctrination.

The consciously unaware individuals are overtly and covertly indoctrinated to voluntarily participate in their own health

demise through mass media outlets such as television, news, movies, radio, social influencing media and other broad reaching platforms that directly mold the individuals' psyche to behave and react in predetermined responses through repetitive and predictive programming. The books "***Amusing Ourselves To Death***" by Neil Postman and "***Four Arguments For The Elimination of TV***" by Jerry Mander are just two of the many books that present deeper insight into the direct and indirect influence the engineered and scripted TV shows have on the psyche of the viewer to indoctrinate them and also, how it effects all of their consumer habits, including food selection throughout their lifetime.

Freedom of choice on proper food selection is predicated on having unbiased access to accurate and relevant information available in order to make informed decisions on what foods to eat. The advertising and marketing companies get paid by the international conglomerate food companies to sell their processed products that masquerade as edible food for the mass debt slaves of the world, not to pontificate on the virtues of a healthy diet and lifestyle that will extend their lives. Even today, the continuous propaganda campaigns targeting the global masses by those in power have now shifted more and more of their efforts to psychological attacks and degradation of the human spirit and body by any means necessary to keep them from reproducing. One of the goals of the eugenics philanthropists is to increase infertility among males and females through decreased sperm motility and increase in polycystic ovarian syndrome (PCOS) development. Processed and nutrition-less foods containing hormones directly affect both sex's reproductive systems. There are no coincidences in this high stakes battle between life and death. The eugenicists are all in for the final win, at your avatar expense.

An example of the psychological war being waged is the continued global promotion of consuming insects as nutritional replacement for man's normal food supply chain. Similarly, the western populations are urged to consume artificially (laboratory) manufactured meat substitutes in order to save the planet is their propaganda slogan, etc. This

again is merely a psychological and overt attempt to subjugate and humiliate the global populations by the international food corporations and their global baal-osiris-molech communist cult disciples with the intent to impose their will over the consciously unaware and asleep masses. The consumption of unhealthy insects infested with parasites and artificially bioengineered meats will only serve to weaken and poison the body further. These do not possess the nutritional properties needed to support human life, but rather parasitic life forms within the insects, that subsequently infest the human body, which in turn weakens the immunological defense system. All are interrelated and again, there are no coincidences.

Ultimately, the individual's objective should be to consume only wholesome foods and distilled water while simultaneously removing all inorganic and morbid material from their body. These excess morbid materials do not replenish the nutrient deficient cells in the body, but rather impede real nourishment from being absorbed into itself by blocking its ability to be assimilated. Only when the nutrition can be directly assimilated into the body cells can the human avatar experience any type of homeostasis and begin the healing and curing process. In reality, poor health can only be achieved through malfeasance or ignorance. Both of these result in the same end outcome. Despite the spiritual occupants disregard and reckless lifestyle habits, the human avatar vehicle defends itself throughout its life as best it can. Eventually, the battle can be lost to a degenerative disease when it no longer has any backup resources to help fend for itself, resulting in the loss of health and loss of life. One of the methods the body uses to throw off morbid wastes, toxins and foods that lack nutrition is through increased body heat.

High body temperature is normally associated with the process of oxidation and expulsion of morbid and harmful cellular (metabolic) and respiratory wastes that have accumulated within itself. These have been trapped in the body as a result of over consumption (intemperance) of foods, cellular wastes or poor excretory processes like constipation. This phenomenon is most evident during the sleep period at

night, where the body attempts to re-balance itself through this process of increased temperature oxidation. On average, an individual can lose between 1 – 2 pounds of body weight through respiratory and dermal excretions every night. These are excreted in the form of CO₂ gas which carries off most of the wastes. The successful end result is a lower body temperature and prolonging of life when it has been able to overcome the unaware spiritual occupant's erroneous and injurious food consumption and lifestyle habits. In the book "***New Body – New Life***" by the author, it briefly discusses metabolic waste disposal and various other methods of expelling and excreting accumulated toxins, parasites, colon plaque, candida albicans fungus and other morbid material from the human avatar. In summary, some of the below major concepts should be taken into consideration in order to not only understand how to obtain and maintain good health, but also how to keep it for a longer and healthier lifetime:

1. Consumption of only distilled water
2. Consumption of wholesome, natural and organic foods (organic fruits, nuts, vegetables, seeds and grains)
3. Avoidance of western diet (animal meats and byproducts)
4. Avoidance of all dairy products
5. Avoidance of all processed foods
6. Avoidance of all sugar, salt, fluoride and other chemicals
7. Avoidance of vaccinations
8. Performing moderate daily physical exercise
9. Maintaining good dental hygiene
10. Cleaning out the intestines
11. Cleaning out the liver/gall bladder
12. Cleaning out the kidneys/bladder
13. Cleaning out the remaining body organs and tissues
14. Consumption of fruit and vegetable juices
15. Vacating the prison cities to the country for a new life
16. Obtaining and maintaining conscious awareness
17. Living life on your terms, not someone else's

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Chapter 10

THE SAGES: ROAD TO EMANCIPATION

Hell does not exist. Its creation and existence in the human psyche has been fabricated and perpetuated by the many fraudulent global religions that use its false existence to control and maintain psychological power over the masses. The invention of hell is based on the principle of evoking unwavering fear from the faithful and pious worshippers. It is one of the most powerful emotions used to establish and maintain psychological control over the masses; proven time and again of its efficacy throughout human history. The many different psychotic cults and modern day religions that practice this technique of mind control are typically the most perverse and successful. Fear is a tremendous motivator; its arch nemesis is the power of Love. Love can destroy it at will.

The many different ancient false religions that emerged over the centuries of recorded history may possess some of the original hidden knowledge that the gatekeeper's protected. These are the benevolent secret teachings of humanity that describe who we are and what is our place in the universe. These teachings were closely guarded by the incorruptible and devout few, entrusted to pass it on verbally to the next worthy individuals in the line of succession. Only in recent centuries was the verbal knowledge transposed onto written form (cuneiform stones, copper scrolls, paper manuscripts, books and ultimately electronic media) and partially made accessible to the general public's base of knowledge.

Those who possessed the benevolent secrets of the universe were frequently persecuted, captured and killed by those in power (e.g. church, kings and others). Those in power were

not necessarily fearful of the knowledge, but rather wanted to possess and use it for their further control of the masses. When the knowledge was not surrendered, the individuals are deemed to have suffered a tortuous demise according to different historical sources. It is documented that many ignorant populations have been known to participate in similar fearful confrontations, with secluded wise men and women who were custodians of the secret knowledge, throughout the world. The many witch burnings, drowning's and torture are chronicled in practically every nation's history. The insecurity and fear inside an ignorant mind can be palpated and discerned more readily than that of a more civilized and consciously aware individual.

The ignorant mind is like that of a wild beast, living from emotion to emotion; never grasping conscious awareness of what the human spirit and life is all about. What it fears it must kill and destroy, lest its own existence and beliefs be placed at risk. An idea to an ignorant mind can be just as dangerous as a deadly weapon in mortal combat. Their belief system and ego do not allow for deviances to exist from their fearful teachings of heaven and hell, as stated by their false religious human representative overlords and their contrived religions of control. Neither the ignorant minds of the destructive worshippers, or their corrupt pedophilic churches, temples, mosques and synagogues are worthy of adoration or recognition. The spirit spark does not require any man created temple of worship, or middleman, to communicate directly with their God when desired. Merely meditate and convey your message directly to reestablish your connection to God.

The many different cultures from around the world provide historical knowledge as to the genesis of their existence, religions, society and alike. Each portends to capture and chronicle the story of their people as accurately as possible for historical posterity. In relation to the human condition of existence, it can be challenging at times to filter out false knowledge and revised history from true knowledge and true history that circulates within the halls of academia and the internet. Mankind has demonstrated time and again that unscrupulous and power hungry people tend to revise history,

invent and promote false science, false medicine, false knowledge and alike in order to suit their own egotistical and control agendas. What written information holds the hidden and suppressed knowledge of the sages that a common person can access in this era of mass technological access?

One need only have an open mind and access to a well stocked library or internet resources that are not blocked, filtered or have restricted access to the public. The knowledge of the ages is intended to be collected and shared with the collective consciousness of mankind throughout history in order to continue evolving as a species. Those individuals or groups that are impeded from access to the true knowledge and history are handicapped in their spiritual and evolutionary growth. Some selected books that can help awaken the spirit spark of human consciousness and awareness are “***The Tibetan Book of The Dead***” by W.Y. Evans-Wentz, “***The Convoluted Universe***” (Volumes 1-4) by Dolores Cannon, “***Tibetan Yoga and Secret Doctrines***” by W.Y. Evans-Wentz. Other books like “***The Book of Enoch The Prophet***” by Richard Laurence and “***The Adam and Eve Story***” by Chan Thomas also expound on human origins and conditions while religious books like the holy bible, koran and talmud all provide deeper insight into the conventional religious power and control structures that are vehemently protected by their sentinels, to the detriment of the human race’s continued spiritual growth and evolution.

These perverse, man invented religious ideologies merely serve to continue oppressing the conscious mind and spark from progressing spiritually in this lifetime. The one infinite creator of the universe (God) does not require any middleman to do his work. He gave mankind free will to be or not to be. What greater example of love than to allow the individual human creation free will to choose; to live or die by its own hand, regardless of what the source of all creation wants for mankind? If you love someone, set them free. You cannot forcefully possess or own love, it must be given freely by the other and cherished. Love unconditionally and without judgment. Ultimately, the power of Love is all there is to life.

The various different books, and their philosophies of human existence, histories and beliefs on the origin of man and evolution are conflicting and deceiving at best. Which perspective is most accurate and precise depends upon the eyes and consciousness of the individual who analyses and assimilates the false and true knowledge into their own biased, prejudiced and fearful belief system. In this age of technology and global media indoctrination of the masses, true history, knowledge, science and the many other fields of study are easily tainted, maligned, distorted and skewed to suppress the true knowledge from the many followers of truth. Only those few secret societies around the world know the real knowledge of mankind's history and purpose for existence. They clutch its secrets closely to their chests like a greedy chipmunk holding its nuts in its mouth during winter. What is there to fear with the dissemination of the suppressed knowledge to mankind one wonders?

The sages of past and present human history all allude and point in the direction of human spiritual growth and evolution in order to ascend into a higher realm of consciousness. The physical condition (human body avatar) becomes irrelevant as it is merely a vehicle that houses a spark of the spirit, which itself is a spark of the soul. A smaller version of the higher-self that resides in the upper dimensions and plains of human reality. Not unlike the full spectrum of light. Its parameters extend to each end of the spectrum, but only the thin visible light band is recognizable and discernable to the human eye. Since man cannot see the full spectrum of light, does that infer it does not exist or merely that it is outside our conscious awareness unless a tool or special visual ability can expand human perception to see the full light band? The full spectrum of light band is there, it merely requires a higher level of human consciousness to comprehend and acknowledge its presence and existence.

The spiritual occupant of the human body avatar is an immortal sentient being, capable of infinite experiences and abilities. As the many sages discuss time and again in their writings, the school of life lessons on earth merely provides

relevant catalysts, designed and intended to help the spirit spark grow with knowledge and firsthand incarnate experiences. These could not otherwise be obtained in a light or energy body that has no physical body. The continuous meditation and self-reflection espoused consistently by the gurus, yogis and monks of humanity have all learned that human existence is merely living in a dream. As such, there should be no fear of life or death. This realization, once grasped and understood, results in the liberation of the mind and spirit from the psychological constraints placed upon all of humanity through the false teachings of academia and religion. To know that your physically incarnated human body avatar is merely a vessel or vehicle with which to have your many life experiences is an awakening. To further grasp that everyone around you may not be fully cognizant of what is now clear as day to you, may evoke a giggle or two. You now have an awareness they do not possess. You are continuing to awaken and evolve now.

In this sense, conscious awareness at some level has been achieved. Those that are still consciously unaware can be considered to be asleep in the dream. The now consciously aware individual becomes the cognizant dreamer in the dream. He sees everything around him, knowing he is voluntarily participating in this dream life, consciously wandering the dream in search of the life lessons and experiences sought and desired for in this incarnate manifestation. If the dream life were to end abruptly, the dreamer returns back to the dimensional realm to self analyze and judge what lessons were achieved and which are needed to redo over again, if any. There is no hell to burn in pain for eternity, only that which the individual believes to be true through false and true knowledge. Hell does not exist to an immortal sentient being.

The many old disciples and keepers of knowledge that protected the secret knowledge all knew that man's spirit is immortal, and that the human body itself is only a temporary vehicle in which it resides during its incarnation. Those in power also knew, and still know today that if the masses of the world were to discover their true origins, and that they are

immortal sentient beings in this higher education school of life in the universe, the artificially created fear would immediately vanish and their global control system would also collapse.

Knowledge is power: Those who have it can control those who lack it. The book “***The 48 Laws of Power***” by Robert Greene can help enter into the mind of a power hungry ego focused on keeping power and control. The book can also show a person how to detect when it is used against them.

One of the hidden and suppressed secrets of all time kept from the global populace is the ability of the human body and spirit spark to do things that are purposely written off as science fiction or fantasy by those in power and control. Since man's creation, he has always been capable of separating his light body from his physical body. His light body is a photon spark of an immortal sentient being that can transcend dimensional reality and enter into the universe as a spark of pure energy. His consciousness resides within the energy and it is indestructible. This spark of energy (orb) can instantaneously travel and communicate with other sentient beings by mere thought alone throughout the many universes. It is an incredible ability that has been purposely suppressed consciously and genetically via DNA tampering over thousands of years of human experimentation. Multiple human civilizations have already previously existed and been erased from human memory and history. All records were destroyed or buried into the earth. It is believed present day civilization is the 5th or 6th iteration of human existence. Some of the previous civilizations were far superior in their evolution and sciences than what man considers high technology today. So much so, that they destroyed themselves.

One of the abilities mankind possesses is to be able to have out of body experiences (OBE). However, since the human avatar vehicle is alive and living, it is temporarily anchored in the third dimension (3D) while having an OBE in order to ensure the spirit spark can return back into its incarnated body safely and continue its spiritual growth life lessons. The infamous “silver chord” is regularly referenced as the lifeline between

physical life and death when the spirit is out of body during the night unconsciously. There are those individuals who have the ability to consciously manifest an OBE through meditation, near death experience or personal practice when going to bed each night. The first time experience of leaving the body can be startling and fearful, based upon the level of religious indoctrination and predictive programming that is learned to automatically “fear” what is unknown. The sudden sound of roaring jets in the ears just prior to light body separation is spontaneous, unexpected and can be initially startling.

The book “***The Projection of The Astral Body***” by Sylvan Muldoon and Hereward Carrington chronicles vividly what is typically experienced by a consciously aware individual having an OBE. Similarly, the feeling of having a ton of sand placed upon the full length of the body, experiencing a sense of physical paralysis while the conscious mind is awake and alert but immobile may invoke a sense of fear. The body is temporarily experiencing paralysis (asleep and unresponsive to mental commands) while the conscious mind is fully alert. This is caused due to the light body not yet being in full vibrational synchronicity with the physical body at that moment. The twitching, jerking and kicking sometimes experienced is also associated with the synchronization process of the spirit spark and human avatar body (unless they suffer from a pin worm infestation). The conscious mind is aware of itself before the body and spark can fully reintegrate with itself once again. Within a few seconds the light body and physical body merge again in frequency, and the body paralysis disappears. The first time a person experiences this event can result in unnecessary fear. Through truthful knowledge assimilation, the natural event is better understood and sought as more experience is gained.

What happens in the time period between both extremes of going into and out of an OBE is dependent upon how much conscious awareness, religious indoctrination, spiritual evolution and understanding the individual possesses at that time. It is said that every spark leaves their physical body each night upon going to sleep, leaving their human avatar in sleep

stasis. During this OBE period, the light body (spirit spark) leaves the physical body with the attached silver chord in place and travels to wherever it wants to go (e.g. their planetary home, the universe, other schooling in the higher realms, seeking guidance from councils, exploring, healing, learning, returning back to the source of all creation where the spark originally emanated from and many other choices). It can be said there is a reason why all major and significant decisions should be slept upon for at least one night before making a decision. This allows the conscious mind to be linked with the subconscious mind during the night and determine the best choice for the outcome desired to the problem or challenge.

The Tibetan Buddhists, the Hindu Gurus and the many other lesser known spiritual powerhouses all know of the correlation between the human body avatar vehicle and the immortal sentient being that dwells within it. This is how and why they know reincarnation exists. They have seen and been that spark that transcends all that is, not only through OBE's, but enlightenment through the other higher levels of meditation and focus that liberate the spark to roam the universe as freely as walking outside in the sunshine. They have broken through the veil of deception and can see the incarnate dream for what it is. They are the dreamers within their dream. They know who and what they are, thus empowering themselves far greater than any consciously unaware and asleep individual on the planet today. They are truly the enlightened ones and spiritual leaders, not the false prophets and leaders of the many commercially organized and fly by night religions that are leading mankind off the cliff and into the abyss of spiritual ignorance and despair. The enlightened ones will evolve into ascended masters at the time of their choosing. They are no longer bound or confined to the physical constraints placed upon the common man. They can traverse time, space, and go into, and passed the darkness of the void, from whence the light of all creation emanated.

Knowledge, consciousness, love, empathy, compassion, patience, forgiveness and many other descriptive terms can empower an awakening spirit spark. These all supersede any

financial wealth, material accumulations or irrelevant social status. In the end, those who live their lives in darkness and ignorance of who they are will be destined to reincarnate and repeat the same life lessons that were not experienced or achieved in their lifetime. Is it better to repeat a school year repeatedly over and over until consciousness is realized or to continue growing spiritually with each new incarnate birth/death cycle? While the person repeats the life lesson school year for 1,000 years due to negative karma issues, their peers will be at a higher spiritual evolution level that is incomprehensible to their present state. This is one of the things that the Earth school of life is intended to achieve, spiritual growth and evolution, not financial wealth and accumulation of material things. To love and help each other, these types of objectives are part of the growth process.

An immortal sentient being with a light energy body has no need for an automobile, boat, jet or other means of transportation. They can travel by mere thought and teleport across the universe in a split second. Their thoughts can be sent in the same manner, instantaneously to the receiver, without any delay using telepathy. The study of Quantum physics today is realizing that mechanical inventions are inferior to the innate abilities the human body avatar and its resident spark inherently possess. It is infinitely more complex, superior and powerful. Again, the most advanced school of life lessons in the universe is referenced to be planet Earth (Gaia). This is where the many infinite quantity of sparks that emanated from the one infinite creator of the universe can come to accelerate their spiritual growth and evolution in comparison to simply existing in the universe, like hovering still above water for eons of time.

The bountiful quantity of catalysts that present themselves in life to each individual are infinite. Each catalyst has sufficient intent and energy to manifest the life event that will ultimately result in the intended life lesson experience desired. Embrace the catalysts, they helped you to graduate from previous life lessons and will continue to do so in the future. Thank not only your friends and families for their contributions to your

spiritual growth through catalysts, but also your detractors and enemies. They also played their part role in creating the appropriate environment in order for you to experience and grow. Remember, what you do to others, you basically do to yourself. Karma will come full circle if not conscious of your actions. One of the major ways of removing karma is to forgive. Forgive completely and grow. This removes the negative connotations that anchor the spirit in second grade, forever returning until forgiveness of self, and others, is realized.

The books “***The Search For Hidden Sacred Knowledge***” and “***The Three Waves of Volunteers and The New Earth***” by Dolores Cannon and “***DMT - The Spirit Molecule***” by Rick Strassman each provide different vantage points on the aforementioned topics, while also leading the consciously unaware reader to discover some of their hidden abilities that are inherently innate to the spirit spark (you).

The “*Seat of the Soul*” has been described as the emanating center of all human thought. Perhaps it is merely a portal (pineal gland related to the third eye of the energy centers/chakras) through which the spirit spark sees, communicates and travels in the different universes. How is it that you may not have been aware of its existence, abilities or true functional purpose in life up to now? Is it too much TV?

Modern false science and false medicine claim the pineal gland is a remnant from another period of human evolution and is basically an excess piece of human tissue, without purpose. This false knowledge disseminated to the masses is continually perpetuated to each new generation, upon generation. Those in control know its power and reach, thus purposely poisoning the drinking and bathing water with chemical fluoride which then amasses and calcifies the pineal gland by the age of 18 in most instances. The pineal gland contains within its enclosed structure, rods and cones. These are the same type of rods and cones found in the human eye. Why would an isolated gland the size of pea, enclosed deep inside the darkness of the brain have these unique components that are specific to light vision? Distilled water,

borax and other natural medicine protocols are deemed beneficial in reversing the fluoride calcification out of the gland by helping to leach it out from the body, returning some of the glands' abilities back to life. If implemented early enough in life, and ceasing the ingestion of supplemental fluoride from toothpaste and other fluoride contaminated products, it may eventually heal and recover over time.

There are no coincidences in life, everything occurs for a reason or purpose. An individual must look deeper into self and ask – What did I learn from this experience? The individual must have challenges and obstacles when incarnated in order to spiritually evolve. How else could they prove to themselves that they learned anything if there were no obstacles or challenges to overcome? The catalysts help overcome the many obstacles. Therein lies the answer that may have been the intended life lesson from the onset. There is no good or bad in life, only positive and negative experiences. Even the negative experience offers the spirit spark an opportunity to learn and evolve further. A consciously awakening spark must grasp this understanding.

One of the most effective learning environments for living life is to have traumatic and emotional experiences; these result in accelerated and advanced spiritual growth opportunities to individuals and collectively as groups. The emotional trauma demands the mostly aloof spiritual occupant to awaken from their artificially induced coma and look deep within themselves to process and comprehend the catalyst or life lesson just experienced. Without the emotional, physical or psychological trauma, the default mindset is to continue watching television with the fluoride saturated stare, consuming toxic processed foods and passively succumbing to the hidden messaging behind each and every commercial and grooming show watched. Ultimately, the demise of the human avatar will take place. Similarly, a lifetime of existence that is devoid of catalysts can result in spiritual stagnation and no evolutionary growth. Stagnation will ultimately result in decay, disease and death of the body. The same can occur to the spirit if not stimulated to action, no matter if positive or negative.

The stagnant pond water is less conducive to sustaining life than the ebb and flow of the unpredictable ocean which brings with it infinite possibilities to have new experiences.

There is a reason why millions of dollars are paid for a 30 second commercial on television; it is to continue the predictive programming and indoctrination agendas. These are designed to keep the masses in continual ignorance, each generation inheriting the deceit of the past generations while adding newer deceit narratives, leap frogging from generation to the next generation. If my parents consumed or did it, then it must also be good for me to do the same, but now I will add my 10% more to the ritualistic custom and belief system.

The many different pied pipers of group think and irrelevant social influencers are purposely propped up by media giant outlets, specifically so that the masses will have a predictive programming type of role model to mimic and follow their every lead. The consciously aware and awakened individual can see through their deception, bypassing it and blazing their own manifest destiny path. There is no need to follow talentless actors, singers, athletes or other irrelevant celebrity figures whose only intent is to make money, have narcissist fame and undermine the lives of anyone that follows them through their circus rides of false knowledge, degeneracy and deviant baal-communism Sodomon and Gomorrah agendas.

What did the ancients teach and share with their disciples throughout the world? What is their messaging that had to be protected and shared with those of righteousness, in order for mankind to be able to learn the knowledge some time long into the future when they were spiritually advanced enough to do so? The basic principles have already been mentioned previously (love, forgiveness, empathy, etc.), but the advanced principles are still considered too dangerous for the common man to absorb into their psyche.

Additionally, some of the accompanying abilities (psychic, telekinesis, telepathy, levitation and others) are dangerous to mankind if used by spiritually and emotionally stunted human

beings. A single person who learned and activated those powers could embark on mass upheaval, locally or globally. These types of powers would ultimately consume and destroy the person over time, if not almost immediately. Just like the example of giving a 5 year old child the keys to the automobile, it is not mentally or physically evolved enough to be held responsible for their actions in driving the vehicle. The end result is the child or another person will become harmed or killed as a direct cause and effect. They were not yet ready to receive the knowledge or responsibility to use what was given to them as a gift. Only with time, education and responsibility can it be done safely.

The more an individual researches and becomes aware of their physical and spiritual existence, the faster they can comprehend their purpose for living and evolve spiritually. The many different roads described by the sages are all intended to lead the spirit spark in the right direction of evolution, away from negativity and those things that will keep them stuck and drowning in fly paper of negative karma. The end destination is self-realization, resulting ultimately in the achievement of human emancipation. Once achieved, there is no going back to second grade karma, unless it is voluntary. An excerpt from the Tibetan Book of The Dead:

“The thought of death suggest two questions. The first is: ‘How may one avoid death, except when death is desired as in “death-at-will” (Ichchhamrityu)? The avoidance of death is the aim when Hathayoga is used to prolong present life in the flesh. This is not, in the Western sense, a ‘yea-saying’ to ‘life’, but, for the time being, to a particular form of life. Dr. Evans-Wentz tells us that according to popular Tibetan belief no death is natural. This is the notion of most, if not all, primitive peoples. Moreover, physiology also questions whether there is any ‘natural death’, in the sense of death through mere age without lesion or malady. This Text, however, In the language of the renouncer of fleshly life the world over, tells the

nobly-born that Death comes to all, that human kind are not to cling to life on earth with its ceaseless wandering in the Worlds of birth and death (Sangsara). Rather should they implore the aid of the Divine Mother for a safe passing through the fearful state following the body's dissolution, and that they may at length attain all-perfect Buddhahood."

- Charles Evans-Wentz

The Tibetan sages urge the spirit spark to break free of the birth/death cycle of reincarnation and return back to the one infinite creator or source of all creation. To break free from the ceaseless wandering between the worlds of birth and death (sangsara) comes spiritual emancipation.

What are some of the take aways from the sages writings and philosophies? The understanding that physical life is impermanent, but the spirit spark is immortal. The many life lessons to have are available for anyone to experience, if desired. Those who are asleep in the dream will continue wandering aimlessly between birth and death until such time as they can become consciously aware of self and take a different path in life than their pre-destined existence in a generic life. The goal is to awaken in the dream, then dream any dream they desire with full conscious awareness. The understanding that hell does not exist and fear is an unnatural emotion used to generate negative energy which is used by negative entities. When mankind is sufficiently evolved spiritually, many of the hidden secrets and knowledge of the sages can be released to the masses. In the interim, it is deemed too dangerous. Those that wish to embark on spiritual growth and evolution should first clean their own house (human body avatars) and begin the conscious awakening pilgrimage that befalls anyone seeking enlightenment.

In the end, no person or group can be forced or coerced into doing, thinking or believing any idea or concept that is not congruent with their own level of spiritual evolution and awareness. Only when the first spark of consciousness is detected can the spirit spark ultimately see itself. If it is

prepared to evolve, it shall. Otherwise, it may wander for eternity between death and birth, just as the sages have always known to be true. You are likely wiser today than you were yesterday. True knowledge makes all the difference.

Reference reading:

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Chapter 11

THE DREAMER DREAMS THE DREAM: THE IMPERMANENCE OF LIFE

You should have hopefully realized by now, or at least developed some type of curiosity about life as an immortal sentient being at this point in the book. You emanated from the one infinite creator of the universe, also called the central sun or the creator of all things (God). Like yourself, billions upon billions of other sentient sparks (souls) were sent out to learn all that there is to experience and return back to the source when your exploration journey was completed. As an immortal sentient being, there is no expiration date to your energy body life, and time is a limiting construct of Earth's 3D classroom environment, like chapters in a book that are potentially infinite. As an individual spark from the source of all, you are a piece of God. Collectively in unison of all the individual pieces, we are deemed the composition of God.

The distinction should be made that everything is of the one, by the one. It is said that a creator spark or soul can create galaxies and universes if desired. It can traverse the many universes and make more if desired. The prime soul can then splinter off into many-many sub-souls, followed by splintering yet again into prime spirits and sub-spirits. Each prime spark controls their sub-sparks. It is said the energy that a soul and spark possess is too powerful energetically and would instantly destroy any human body avatar vehicle it tried to inhabit. As such, the spark's energy must be splintered and diluted down further so as to function and operate safely within its physical 3D confines of the human avatar vehicle. What an amazing power your higher self possesses; to break off a piece of itself and put it into your avatar so you can exist

in the here and now. There are potentially, tens, hundreds and thousands of you right now spread out throughout the universe at this instant, all feeding back to the prime spark. Each of your sub-sparks living life independently of the many others. Sometimes when you dream, there are faces and places that make no sense to you. You do not recognize any of it/them. It is said this is likely the bleeding over of another sub-spark life realm into yours. Take a peek and marvel at the possibilities of having many other splinters of your higher self, all working in unison like ants building, maintaining and protecting the ant colony, all feeding back to the queen from which they all originally emanated.

Of the infinite choices to experience in the universes, some souls voluntarily elect to attend the advanced school of life lessons on planet Earth. Here, the opportunities for growth and evolution are said to far exceed anywhere else in the universes. The understanding is that a single human lifetime of incarnation can exceed hundreds or even thousand of years of existence elsewhere as an energy light body in the universes. The potentially limitless catalysts on Earth (love, hate, joy, forgiveness, abundance, poverty, healthy, unhealthy, marriage, divorce, apathy, envy, male, female, parent, child and the thousands upon thousands of mix and matching possibilities) are rich in opportunity and available to have by all.

Some of these catalysts can be experienced out in the space of the universe, but not as much as when in physical incarnation. The caress, hug and kiss by a loved one is not as easily obtained in a light energy body (no physical contact) versus a physical body. You may be able to energetically penetrate the essence of another energy being and merge into one energy sphere, but the physical component brings to the experience other features like touch, smell, warmth, taste and more. All are unique in themselves, but when combined together the experience is exponentially enhanced in the flesh.

It is implied in different teachings that the spirit spark has voluntarily incarnated into this 3D world of existence so that it can live out and experience the many different life lessons that

it aspires to have in Earth's school of hard knocks. All evolutionary growth is fueled by deep emotions, filled with large amounts of energy, irrelevant if it is positive or negative energy, both are one in the same. The difference being the intent given to the energy, but they are the same. Ice water and hot water are opposing energies, yet when left alone they revert back to their neutral state of simply being room temperature water. The intent of the energy (positive or negative) is what ultimately gives it purpose and meaning.

The lingering question on when human life actually begins has always been a topic of much debate around the world. Opposing thoughts range from inception up to the day of birth, depending on financial, religious, moral, baal-molech communist cult, social interests and other ideologies of those involved. It is said that the human spirit spark can enter the human body avatar at conception, during gestation, at the point of physical birth or even after birth. Which experience transpires depends on the life lessons of the spark that ultimately inhabits the body. The human avatar is unquestionably alive since its inception, but the spark can ultimately enter and depart at its leisure. As an immortal sentient being, would you enter the infant body immediately at conception or at a later stage of fetal development, or even up to the moment of full term birth to occupy the infant avatar vehicle? Therein lies the answer for each individual spark that goes through the passage of rights when being born into human incarnation; to have the many different birth experiences.

The initial preparatory phase for human birth involves defining and outlining the many life lessons to be experienced and determining which parents can host and provide the environment (social, economic, political, ethnic, etc.) to experience them. When agreed upon, a contract is made between all parties, to include what roles each will play as the catalysts to achieve those planned experiences, resulting in the life lesson completion. The process is repeated for every new iteration of birth/death experience until such time as the list of life lesson experiences to have are completed and there is

no negative karma to have to pay back. It can be equated to studying for a final exam and then being born with amnesia to take the test. In some instances, the infant avatar body cannot safely contain the full energies that the entering spirit spark possesses and these must back out of the body, leaving only a fractional spark of itself, until such time that the infant body can strengthen itself and contain the remaining spark energy. In those instances where there is too much energy inserted, it is stated that the infant avatar may perish in the attempt of occupying the space. In her many books, Dolores Cannon shares some of her thousands upon thousands of past life regressions that took place over more than 40 years of practice as a Quantum Hypnotherapist. These case study examples specifically detail some of her patient's experiences in this initial insertion and assimilation of the spirit spark into the infant avatar body, and even at later ages.

As the infant child grows to become an adolescent, young adult, adult and ultimately a senior citizen of indeterminate age, the spirit spark can inadvertently deviate and swerve off its original life lesson plans that it had envisioned to experience for itself. The troublesome obstacle of amnesia at birth plays a role in whether or not the pre-planned life lesson experiences are followed and achieved. Ultimately though, the sub-conscious mind will steer the conscious mind in the right direction and get back on the intended life path.

When the conscious aspect of the spirit spark does not listen or rejects the originally intended path that was preplanned, then the subconscious spark has no recourse other than to firmly intercede and prevent further harm or delay via any applicable method at its reach. It can be in form of a disease, an accident, change of life path or other catalyst. When the individual learns to trust their natural instinct and follow their intuition, they are agreeing to follow their previously planned life lessons to have. The consequences of not sticking to the original plan will manifest in a not so pleasant manner eventually and there is basically nothing to stop it from occurring. Your subconscious and higher self are in control of your future life experiences, not your consciously unaware self

who may be oblivious to the purpose of life itself. The fluoride saturation and television indoctrination may be interfering with your spiritual growth and evolution; decisive corrective action normally ensues eventually.

Everyone incarnated has free will to choose to be or not to be in life, but only up to a point. The end destination of the intended journey for this lifetime incarnation will likely be reached with or without compliance from the conscious spirit spark that resides within the avatar. If the spark is still defiant and impedes the life lessons from manifesting, it will likely recycle once again and repeat the second grade school year over and over again until such time as they will go with the plan they made for themselves previously. Amnesia and external influences (e.g. television distracting indoctrination and malevolent agendas) all serve to distract, disorient, impede and redirect a person's life in the wrong direction, which is not always congruent with their previously envisioned and planned life lessons.

Throughout the incarnated lifespan, the spirit spark can be devoid of conscious awareness of who and what they are, if there is no catalyst to awaken itself. The veil of amnesia that has been active since the onset of birth serves as an impediment to having the many life lessons. How is the spark to realize and become aware of its existence and purpose if it is incessantly bombarded and distracted from its true path throughout its life? Herein lies a great dilemma that each person incarnated and breathing comes across. How to awaken the dreamer in the dream? The nearly 8 billion inhabitants on the surface of the planet at this time are mostly blind, disinterested, distracted, ignorant and completely unaware of their spirit spark that resides within their human avatar. They are mostly in pursuit of food, shelter, survival, employment, riches, fame and the many other daily challenges and desires that exist globally. Where one struggles for basic necessities like food and water just to stay alive, another struggles to decide whether to purchase a new jet or boat. One or both lives may be off the path of the life lessons or perhaps,

in fact, those are their life lessons they chose for themselves at this juncture in time. Who can say with certainty?

If the spark of consciousness can grasp the concept that they are temporarily residing in their human body avatar vehicle, for the purpose of experiencing many different life lessons, that is the beginning of conscious awareness development. The human avatar was designed and created to sustain itself for a minimum of 120 calendar years simply by consuming the wholesome foods that were designed, created and planted on Earth for its nutritional consumption and energy use. The ingestion of lifespan shortening products (processed foods, animal meats and byproducts, chemical contaminants, environmental pollutants, toxic medications, injurious vaccinations and others) all serve to undermine and impede the achievement of the many life lessons planned in this lifetime. Those who have lived a long life (by today's fabricated standards) by consuming the aforementioned materials, and are at 80-90-100 years or more of age are not alive because of their poor lifestyle and food consumption habits, but in spite of them.

To reach the default 120 years of age and have all their teeth, no gray hair, be physically fit and not have any type of degenerative disease has always been the human avatar's birthright. The dreamer has foolishly abdicated their free will to the television marketing and advertising platforms and will follow an irrelevant and talentless actor, singer, athlete or social influencer instead of their own subconscious self to consume only wholesome foods and distilled water. When the dreamer can once again ignite that inner spark of awareness, they will recognize their truth to be righteous and pure. The challenge is breaking free of the toxins, parasites, poisons, pollutants and contaminants that create the fluoride stare and systematically destroy the human avatar vehicle ahead of its intended default life cycle age. The books "***The Great Awakening***", "***New Body – New Life***" and "***How To Become A Vegan***" by the author all provide different catalysts that can help ignite the elusive spark of awareness that can potentially set them free. In reality, any catalyst that

can awaken the spiritual occupant of the human avatar is desired and welcome in every lifetime.

The great spiritually ascended masters of the past understood that physical death is not to be feared, but welcomed. The spirit spark does not extinguish, but rather transforms from the physically encased existence to an energy body, free from the heaviness of the third dimension constraints experienced during incarnation. The ability to once again travel and communicate throughout the universe by mere thought is a stark contrast to the physical limitations possessed during incarnation. Like taking a long road trip across the country, sight seeing and stopping in each of the fifty (50) U.S.A. states; from one coast to the other coast in a cramped one seat vehicle. The many bumps, toll booths, beautiful national parks, refueling stops, bathroom pull overs, traffic jams, sunny skies, erroneous off ramps, tourist traps, flat tires, majestic views, diner stops and alike all fascinate and drain the driver. Once the driver finally returns and pulls back up to the driveway of his home, gets out and throws himself on the bed, he knows he is back home and the long trip is now over; he can now rest.

What did the driver learn about life during his prolonged round trip voyage, by himself across the country? The human body avatar incarnation can have a similar experience, but on a much higher spiritual level. Both enriching, challenging and leading to spiritual growth and evolution in the process. A quote from the Udanavarga (based upon W.W. Rockhill's translation) from Tibetan Canon:

“The best knowledge is that which enableth one to put an end to birth and death and to attain freedom from the world.”

- Udanavarga

After an appropriate rest period back in the ether, the spirit spark can return into another human avatar vehicle (male or female reincarnation) and begin the process once again. Those life lessons that were not achieved or incomplete will have another opportunity to re-test so to speak. Any negative karma

accumulated from the past life will need to be worked off or it may continue to hold back spiritual growth. The Tibetan Yogis refer to this as wandering in the Sansgara. Between life and death, endlessly on the wheel of karma, without an off ramp. The spark is all that is needed to begin the process of conscious awareness. Ultimately, if worked on via meditation, having a healthier life, learning to forgive others, service to self and others, love and so many other paths that can lead to emancipation should be strived for in life. This knowledge will not be found on irrelevant television soap operas, Sunday football games, tabloid reality shows and alike. It comes from within and then is nurtured through researching hidden knowledge and assimilating its teachings to continue growing.

Once the dreamer understands the purpose of the dream, and his interaction within the dream, the artificial creation and manifestation of fear is dissolved. There is no death to fear any longer. The impermanence of life is merely an illusion. The higher self is always watching over and protecting the splintered spark from itself, absorbing and assimilating the many life lessons into its essence. Like a honey bee returning from its daily gathering ritual of pollen to the hive and producing honey. The bee hive begins to fill itself with sweet honey, day after day. When the hive is full of honey, the bee keeper extracts the honey and the cycle of gathering pollen and honey begins anew. Such is the human incarnation experience. Each reincarnation allows for more and more life lessons to be experienced and accumulated, thus building the knowledge and wisdom of the spirit spark. The soul which is a higher version of the spirit spark is yet another higher level repository center of experiences, knowledge and wisdom. Like a precise quartz watch, it continues the cycle of life and death.

When the dreamer can grasp and understand the impermanence of their incarnated life, they will have become free of the fear of death. The old acquaintance (death) is forever overlapping and crossing many human avatar lives and is never to be feared, but rather greeted and respected as part of another birth and death life cycle completion. This will set them free of the artificially contrived fears placed on them

through false religion, television and the other media control platforms. The spark can then fully seek out any and all life experiences desired for their lifetime. There is no fear, only love and empathy to share for those that are still asleep and walking aimlessly around them. The cycle continues.

In the meantime, sing and dance like no one is watching. Remember, you are not in competition with anyone, just yourself. That is the baseline for comparison on your spiritual growth and evolution scale; where you started in the dream and where you ended up in it. The world is literally yours for the taking and experiencing all that is within the confines of the dream. This is your matrix, live it and own it.

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Chapter 12

YOUR NEW LIFE: FREE WILL TO LIVE OR DIE

The overall message in this book is ultimately intended to be that of hope, not despair. It may have seemed overwhelming at times, but the previous chapters of information all served as catalysts to help awaken the consciously unaware spirit spark in the human avatar of their real world predicament. Without exposure to some of the many topics, how could you ever have known their interdependence and potential effect on living your life, your body health and overall lifespan? As such, any energy created (positive or negative experiences) should be converted and used for spiritual growth and evolution. In every experience, something can be learned from it. Whether or not there is spiritual growth is incumbent on the spirit spark's awareness to see the experience for what it can potentially be in and of itself.

Life is not intended to be about your employment, career, social status, financial status or the many other categorizing methods used to divide, classify, segregate and conquer the different segments of the population around the world. These do not, and cannot, define the immortal sentient being that is dreaming the dream in the incarnate flesh. Each spirit spark is merely playing a part role in their epic made for life movie, in hopes of fomenting and creating the environment to have the many individual life lesson experiences desired.

In the previous chapters, different topics of discussion were very briefly touched upon to the reader. The vastness of the topics, information and its many details would fill tens of thousands of pages in any single book. This book is not

intended to be an infinite continuation of the many other topics, but rather present a glimpse or an overview. Some of the main topics discussed directly effect, and resonate with, each and every human incarnated spirit spark around the world. This book was never intended to be a how to get a job, start a relationship, manage financial planning or retirement program type of guide for living life. The information herein far supersedes these types of second and third tier level discussions. This book is designed to penetrate the surface of human consciousness in order to create a psychological and spiritual path to achieve individual awareness of self, thus awakening the spirit spark to seek out and experience a worthy lifetime of experiences for the ages. The lessons and memories obtained will resonate with you for eternity. Live and love well this human avatar incarnation, you've earned it.

The reference reading section at the end of each chapter is intended to provide the reader a list of resources that, when read and assimilated, will vastly expand conscious awareness that will in turn, lead further towards spiritual growth and evolution of living life. Turn off and disconnect the moronic mindset inducing television set from your life forever and discover a world and life you never realized existed, or was in your reach to experience. It is yours, simply take it, make no apologies and experience the life you were always intended to have. Watch as it comes to life before your very eyes.

Once any previously hidden or suppressed knowledge about health, living, incarnation or purpose for existence is learned and assimilated, you can never lay blame on another person for any disease, inaction or failure on their part. Life itself then becomes an individual conscious awareness decision, not random fate or destiny to be or not to be in life.

While you are manifested in this lifetime, success or failure is your choice to make. However, if I may interject some thoughts momentarily; make those choices in such a manner that you succeed or fail spectacularly! What other way is there to feel firsthand the magnitude of emotions that course through your body? Your 15 minutes of emotional fame have

always been intended to last throughout your physical lifetime, yet they are normally suppressed and disregarded.

The many dings and bents accumulated onto the physical, emotional and spiritual human body avatar during its journey of exploration and discovery in life is a testament to each individual having lived or not lived their lives to whatever extent was dared to experience. Those with many scars and bruises reflect a blazing path chosen for oneself, not only the external scars, but the internal as well. Any sicknesses or diseases manifested in the process, either through improper lifestyle or food consumption habits is a direct reflection of the individual's lack of conscious awareness for their purpose of existence or subliminal desire to quit on life itself.

Those who were deceived and could not break free from their television and false knowledge indoctrination programs ultimately succumbed to an early lifespan departure back into the etheric realm. Those who do the research and apply the hidden knowledge to their lives will have a much greater probability of experiencing all there is in living life. Individual free will ultimately determines the path selected by each sentient being despite what the mass indoctrination programming and social conditioning platforms have groomed their citizenry to follow and erroneously believe. Each has their own manifest destiny to achieve if they are willing to do the internal and external work required for spiritual enlightenment and emancipation.

You have been given the ability to do and experience anything you desire during your incarnated human avatar existence. Free will shall be your mantra. However, there are many variables and external influences that are intentionally steering each sentient being into artificial and pre-destined outcomes. The self proclaimed elite and political class of baal-osiris-lucifer-molech-communist global rulers believe themselves to be descendants of gods that came from the stars, and they are destined to rule over the lower classes in their societal caste systems. The elite and political classes deem themselves as nobles and superior to all below them. To help

maintain their artificially induced financial debt slavery and political control systems, they often inter-marry amongst their same families while discouraging any co-mingling of unworthy genetic DNA throughout their history. The preservation of their purest bloodlines and through it, keeping alive the myth of ruling over the masses by the divine right of kings. This has been, and continues to be, one of the major impediments to living a healthy and peaceful incarnate existence for thousands of years. It is now even more prevalent in the highly evolved planet with instantaneous communications.

Those who recognize this as merely another form of unlawful governance by the baal-osiris-lucifer cult of communism, dictatorship, authoritarianism and human discrimination are more apt to understand that they are deemed as insignificant and disposable peasantry in the eyes of the ruling classes. The enlightened are consciously aware that they are deemed as merely unworthy Babylonian usury debt slaves in a wall-less high rise metropolis prison. These populations are purposely kept uneducated, uninformed, misled, divided, confused, physically and emotionally weakened, all the while they are systematically wasting away as part of the eugenics programs statistics, put in place by their self ordained and illegitimate global masters of humanity. Until conscious awareness is obtained, they will not realize they are disposable pawns in "*The Great Work*"; so fanatically pursued by the global (malevolent) mystery school disciples and luciferian zealots.

In any type of normal society, man is born into his clan, tribe and sovereign land. He is taught to be strong, to win and be proud of his heritage, just like his ancestors before him. He is wanted as a member of his tribe and honored from birth. His culture and belief systems are inherited from those many iterations of living in the bardo, repeating time again the many lessons to be had. He is not taught to be a failure or become anything less than his self proclaimed goals, supported by his innate skills and guided to release his unlimited potential in order to achieve maximum success. He is purposely guided to have a positive and prosperous life, full

of promise, good health and adventure beyond his wildest dreams in the 120+ year lifetime to come.

In modern day societies around the world today, the artificial constructs put into place are designed to undermine, collapse and destroy the human spirit, forcing it into psychological, physical, emotional and spiritual subjugation. The purpose and intent is clear; anything less than full submission by the global populace is deemed unacceptable by the major corporations, elites, political prostitutes and governments who espouse communistic ideology, despotism and tyranny over its people. Nothing less than humiliation, subjugation and complete control of the masses will be acceptable in their future utopian world plans of the baal-osiris-molech-communist cult, with its many subsidiaries and deluded pedophilic followers. The consciously unawakened and indoctrinated masses will happily follow their pied piper role models blindly, realizing too late that they have been deceived.

It does not matter the country, ethnicity, race, color, religion, sex or other type of selective differentiator, all humanity has a say and stake in not only the world today, but also for our collective future as a species and planet. You are not alone. Every obstacle and challenge can be overcome with help from friends, family, strangers, society and God. The faith, trust and love in each other is the glue that binds us all together. The many pied piper naysayers of the world are hopelessly lost martyrs, also looking for their own salvation, while lashing out blindly at the expense of other's mental and spiritual health. They need even more help than the common man, for they truly have descended into nothingness of human existence. It is not everyday a pied piper can realize they have sold out their fellow man for a few shekels of silver or gold, leading to negative karma that will have to be repaid for an eternity when the billions of lives lost are ultimately tabulated at the end of their incarnated journey.

The intentional and artificially contrived sources of psychological, emotional, economical and social strife are intended to inflict maximum despair, upheaval, abdication

and great harm to the global populaces. The individual is led to believe that they are solely responsible and liable for their misery and situation. This is one of the strategies and techniques used by those in power to help break the spark's inner resilience, like taming a beautiful wild horse. The goal is to make the individual believe there are no other choices, thus crushing the idea of freedom and hope. The victim was never at fault and did not cause this artificially contrived situation. He is a targeted victim of the agenda, not a protagonist of it.

As a relevant analogy, a baby circus elephant's ankle is heavily chained and anchored into the ground with deeply penetrating steel stakes to break its spirit and will to be free when it is very young. The baby elephant struggles incessantly throughout its youth to break the large chain by pulling, tugging and pushing itself free. After the first few years or decade, the now more mature elephant does not even attempt to break free of the chain that could be easily ripped from the soil by the now much larger elephant. Over the many years of unsuccessfully struggling to break free during its youth, its mind has surrendered and the free will to escape is but a fleeting memory of the past. Even though the adult elephant can now quite easily rip up the chain anchor like a toothpick, its free will has been lost forever. Until such time as the elephant can reignite the lost spark of conscious awareness to regain its freedom, as part of its birthright experienced during its youth, it shall be a psychological, physical and emotional slave to its circus masters. The human mind is just like the elephant in this analogy. Its free will has been hijacked, subverted, manipulated, deceived, misled and conquered. When the conscious awareness spark is re-ignited, the spiritual occupant of the human avatar can once again take charge of its destiny and live the life it was always intended to experience and have.

Once the spark is ignited and the many questions begin to arise from within the essence of the individual, they can reflect back upon their early life and plainly see what was previously invisible just prior to their conscious awakening. The false history, false science, false medicine, false knowledge, talentless pied piper influencers and other population

manipulation platforms come clearer into conscious awareness focus. The many irrelevant pied pipers and their surrogates are all part of the higher level plan of maintaining the population in ignorance. The same individual will now see their homeland and society with their own eyes, as it really is and has been throughout their life, not through the rose colored sunglasses of deceit, misdirection and manipulation.

In this period of spiritual enlightenment, the emotional experience may seem to be overwhelming and uncontrollable at times of deep reflection. This is a natural occurrence in that the person has been able to break through the veil of deception, likely the first time in conscious memory as an adult. As a child, the person always sensed there was something wrong, but could not understand what was transpiring with their limited comprehension of living life within their societal and family indoctrination constraints. A child always knows, but just as the baby elephant experienced their psychological grooming, so did they. It is not their fault that they were purposely deceived. They were merely one of the nearly 8 billion other victims that only now may be becoming aware of self, and their role to play in this lifetime. Each spirit spark has been physically and economically fighting for crumbs in order to survive in their lifetime. The lack of knowledge and truth has distracted them from pursuing the real prize of living and enjoying life in a healthy body. The level of pain and suffering to the human race on a global scale is immeasurable.

It is not everyday a person has the opportunity, desire or will to break free from the deception and see what has always been hidden in plain sight. Forgive yourself first and foremost, you are worthy of it. You never knew what was happening because you were never intended to discover your immortal sentient being existed. You are worthy and you are loved, never forget that. You are one of God's creations and he has never abandoned you. He gave you free will to choose to see, or choose not to see, do you understand? God suffers in pain like any parent, when they see their child making harmful or hurtful decisions. As a young adult, the consciously unaware

child stumbles through the many preventable and avoidable paths of deceit, manipulation, abuse and destruction as part of their birthright of free will. The parent cannot intervene, only provide counsel, teachings, support and unconditional love until the child becomes consciously aware or destroys himself.

In each person there are two forces; one positively and one negatively oriented. Each has the power to destroy or create life, happiness, empathy, love and consciousness. Free will and conscious awareness ultimately determine the choices and path each pursues in their life. Presently, the scales are artificially tipped in favor of negativity, pain and suffering as byproducts of the control and deceit system already in place.

God did not cause or allow the present circumstances of your life to manifest and unfold, you did through lack of knowledge or conscious awareness. Up to this point in your life, did you research to confirm or reject any of the many falsehoods in the many topics previously discussed? Own it, change it, improve it or continue on the destructive path that was artificially created for you to experience in pain and suffering. Choose a wholesome and healthy life, you deserve it. You belong to this special place called planet Earth and its many other sentient inhabitants. It is your home away from home. Earth would be a lesser place without your presence, and that of the many who are in the same predicament as you once, just were.

Do not let the emotional rollercoaster of your newfound conscious awareness overwhelm your present belief system. It is a necessary and cathartic process that can help to release those many negative energies and beliefs that are trapped within your human avatar and psyche. The purging must transpire so that the healing process can begin. Along those lines, spiritual growth and evolution is now available to those who wish to pursue it. Those who do not wish to heal and grow, will not, to their great misfortune. Wish them well on their remaining journey if they are not willing to change for the better and know that it is their free will choice. The old adage to set the person free if you love them holds true, no matter if you know they will suffer, just as God knows and

allowed you to do what you have done in your life. Love is all powerful and is not kept from anyone. Give it freely and do not expect anything in return. Love is an unconditional emotion and does not require or demand reciprocity. That is a key concept of living life in the here and now, selflessness.

What now? I have become more aware of the various and different influences in my life discussed in the previous chapters, but what can I do? I am just one person. The content and depth of your response to the challenge at hand is reflective of whether the victim, martyr personality, fluoride stare zombie or awakened spirit spark will emerge from your sub-consciousness and help take back what is rightfully yours. Free will shall overcome the indoctrination or it will not. Therein lies the destiny of each individual who has embarked on the path of self awareness, in search of a happier, healthier and peaceful lifetime of existence.

It is easy to die or kill. It does not require education, empathy, skill, money, motivation or any other type of ability. It merely requires the squeezing of a trigger, swinging of a club, thrusting of a blade, leaping from the edge or other physical exertion to force expulsion of the spirit spark from any human body avatar. In the blink of an eye an individual can take not only the individual life before them, but also all subsequent lives that could have emanated from their reproduction (e.g. children, grandchildren, great grandchildren and alike). It is not the death of a single avatar, but potentially thousands of others as well who shall never be capable of manifesting from their now defunct genealogy tree.

Conversely, the making of a life requires much more effort, care, planning, protection, love, nurturing, preparation and the many other ingredients to make a decent human avatar. In the event the avatar is injured or diseased, the effort required to reassemble or cure is directly comparable in effort. The daily operational & maintenance requirements surpass those of airline jets and high tech equipment. Commencing from the cellular level to the hum-drum brushing of the teeth after every meal are all required for a long a healthy existence.

Failure to accomplish any individual or collective task will result in secondary ailments, degenerative disease formation and physical debilitations.

What are some of the major take aways from the information presented in this book?

1. You are an immortal sentient being.
2. Your human body avatar should last at least 120 years as is.
3. You have been deceived and fed false knowledge, history, science and medicine all of your life.
4. You are considered nothing more than an indentured debt slave servant, unworthy of existence by the baal-osiris-communism cult that controls the global eugenics platforms.
5. You are purposely being poisoned to keep you from awakening and discovering your purpose for incarnation, all the while curtailing your lifespan with each bite and drink of contaminated and unwholesome food.
6. You are loved by the one infinite creator of the universe.
7. You must awaken in the dream and take back your free will.
8. You must learn to clean and heal your body correctly.
9. You must learn to feed and care for your body correctly.
10. You must learn to forgive selflessly, love without precondition and enjoy life fully.
11. You must research and share the knowledge to help set mankind free from the hidden chains of psychological, emotional, physical and spiritual bondage.
12. Love thyself and others, you are worthy of living life.

As previously discussed, the human avatar lifespan can exceed 120+ years of age, provided the many poor food consumption and lifestyle habits are avoided. Regardless, it is never too late to desist from those injurious health practices and reverse course on destroying the human avatar. The areas that will begin the process of recovering health are mainly focused on first developing conscious awareness, then expelling the morbid and toxic wastes out of the body, followed by replacement with wholesome foods and distilled water that can heal, rebuild and cure itself. The abandonment of the false

food pyramid consumption chart hoax will expedite the process. The spirit spark shall awaken at some point in time.

The true path to health longevity is ultimately to embrace a Vegan lifestyle and existence. To be a walking morgue or cemetery filled with the rotting corpses of other sentient creatures does not make a spiritually enlightened spirit spark. It offends the human avatar with those negative energies of the murdered animals trapped within itself. These same negative energies live onward inside the body, despite the spiritual occupant's short term memory span of having killed or eaten the rotting flesh of the most recent meal.

Fresh and clean fruits, nuts, vegetables, seeds, grains, distilled water and exposing the body skin to the sun (producing vitamin D regularly) can provide all the vitamins, minerals, proteins, carbohydrates, fats and other nutrients needed for a lifetime of good health, without diseases. The use of natural plants for medicines are the intended cures to heal any type of unbalanced and dysfunctional body. The use of discernment, based upon individual research on all topics will provide the necessary knowledge to make informed decisions not only about your health, but on all things in life. Trust, but verify all knowledge and put it to the test, what other way is there? To follow blindly, without challenging or questioning is just as foolish as those who possess the fluoride stare. What did it get them? Trust is earned, not given blindly.

As the book cover states: *"Instruction Manual For Living Life: The Spark Awakens"*; You have now been shown various different aspects of how to live a generic life and also an alternative path of having a conscious awareness life experience. You now possess information and knowledge that many billions of your fellow man are clueless about and wander aimlessly in their lives, living day to day in their ignorance. You can now consciously choose to live or die in the manner most conducive to your conscious awareness level. All life is a gift from the Creator of the Universes. Value, honor and live your life as a Dreamer who is awake in his dream. A quote attributed to Rene Descartes:

“I think, therefore I am” - Rene Descartes

Lastly, remember that love is the only thing that's worth living for in life after it is all said and done. Just as good health results in the prolonging of life, the converse is also true. Where will your life journey full of love take you? What do you want to experience and achieve with your life lessons? Welcome to your new reality and may you ignite the spark of conscious awareness in time to save yourself, your family and your future descendants. Don't waste the chance that you've been given in the days that remain. I hope this incomplete book has contributed in some manner to your spiritual growth and evolution.

Jean-Paul

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Chapter 12 YOUR NEW LIFE.....

N/A

The many different false medicine, false history, false science and false knowledge of academia will never provide the immortal sentient being residing inside the human body avatar the knowledge to comprehend who, or what they are; let alone how to properly operate and maintain their body for a long and healthy life. The default lifespan of a normal human avatar is 120+ years of existence, provided the normally aloof spirit spark operator within itself is consciously awakened enough to adhere to the operations and maintenance technical manual.

Any spirit spark that lives in ignorance will lack basic knowledge on how to care for itself. Thus, how can it be expected to grasp higher consciousness concepts as those on how to live life? They cannot. They are trapped in a no win situation, not of their making and they need only ignite the spark within them to break out of their precipitously curtailed lifespan. If only the spirit spark can see past the many irrelevant pied piper influencers and planned life traps that lay in their path, they could awaken and live a life full of many different life lessons, filled with love and knowledge.

If you question what your life and purpose is all about, then the information in this book can take you to the next level of conscious awareness. If the fluoride saturation has already taken deep hold within your mind, then the TV set awaits you and no hard decisions are required to be made. The talentless celebrities shall entertain the comatose spirit spark within you. An alternative probable future awaits those who sense there is more to life than just being an involuntary debt slave.

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